Family Counseling on Parenting in The Prevention of Adolescent Bullying Behavior: A Literature Review

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ABSTRACT

Background: Bullying is aggressive behavior that often occurs among teenagers. Bullying has negative consequences such as threatened well-being and mental health that puts its victims at risk of committing suicide. A total of 37,381 child abuse cases occurred during 2011-2018 in Indonesia. Family dynamics and relationships reflected through parental parenting have not shown significant changes in the character building of the younger generation. **Purpose:** The purpose of this study is to describe family counseling about parenting in the prevention of adolescent bullying behavior. **Methods:** There are 11 articles sorted from 5 electronic journal databases: ScienceDirect, PubMed, Springerlink, ProQuest, and Google Scholar. The following combination of search terms is "Family Counseling", "Parenting", "Bullying behavior", and "Adolescent". The inclusion criteria of the article are the study population: adolescents aged 11-19 years; the article published from January 2017 to April 2022, discusses family involvement in settlement of traditional adolescent bullying through family counseling. **Results:** The results showed that the family is the primary source of support for every problem in the family. The family plays a crucial role in forming the child's behavior. Aggressive behavior arises from parenting that does not prioritize the child's rights. Family counseling on parenting in preventing adolescent bullying behavior is a process of active interaction between counselors, parents, and children with efforts to improve parent-child communication in achieving nonaggressive parenting that supports adolescent growth and development. **Conclusions:** This study can provide an overview of counseling interventions with families and adolescents regarding preventing bullying behavior using communication improvement strategies and parenting modifications.

KEYWORDS

Adolescent, Bullying Behavior, Family Counseling, Parenting

1. BACKGROUND

Aggressive behavior can be defined as intentionally damaging or injuring oneself, others, and the physical or verbal surroundings (Stuart & Laraia, 2015; Sarkar & Gupta, 2017; Siauta et al., 2020). Aggressive behavior arises due to several factors such as peers, social media, social environment,

and parenting patterns (Santrock, 2003; Korua, 2017; Bulu et al., 2019). According to Waliyanti et al. (2018), teenagers are a group that is often involved in bullying cases, so prevention is needed so that teenagers do not have persistent aggressive behavior. Aggressive behavior (Bullying) may have negative consequences such as endangered well-being and mental health, putting the victim at risk of attempting suicide (Cuesta et al., 2021).

In Indonesia, at least 37,381 child abuse cases were recorded from 2011 to 2019, and as many as 2,473 occurred in the realm of education (KPAI, 2021). The results of a meta-analysis of 80 studies on bullying in students aged 12-18 years showed that the average occurrence of bullying in adolescents was 35% (traditional bullying) and 15% (cyber-bullying). A report from Trends in Mathematics and Science Study (TIMSS) in 2011 by UNICEF (2016) in involving as many as 46 countries shows that 55% of Indonesian youth aged 11 to 15 years have experienced bullying at school (Borualogo & Casas, 2021).

The family has a role in facilitating the psychological development of adolescents so that adolescents grow into individuals with good emotional and socialization abilities (Duvall & Miller, 1985; Hanson, 2005; Nuraeni et al., 2016; Guo et al., 2018; Kaakinen, 2018). The developmental tasks experienced by adolescents are always followed by the development of intellectual capacity, stress, and new expectations that cause adolescents to be vulnerable to experiencing disturbances such as thought disorders and feeling disorders (stress, anxiety, loneliness, sadness) so that they can be at risk of becoming aggressive behavior (Bullying) (Bachri et al., 2021). Family functions, mainly affective and social, play a role in the formation of individual character and personality of adolescents (Friedman, 2010; Mursafitri et al., 2015; Chandra et al., 2019).

Families with adolescent children need to build adequate communication, provide freedom to make decisions, and provide responsibility according to the ability of adolescents to form self-esteem and a good personality (Friedman, 2010; Safitri & Safrudin, 2020). If dysfunction in a family cause not achieving family development tasks with teenagers, it can cause more conflicts with their parents (Santrock, 2003; Fang, 2005; Dooley et al., 2015; Guo et al., 2018). Adolescents with good parenting will have a positive self-concept (Hendri, 2019). Aggressive behavior in bullying, as one of the impacts of bad parenting, can damage

the family system so in its resolution, it is necessary to involve the family (Sari et al. 2021). Family counseling about parenting is essential because it will shape and change the child's personality to be more independent and less aggressive so that they can interact with their social environment well.

2. METHODS

Design

This study uses the literature review method to further examine in describing family counseling on parenting in the prevention of adolescent bullying behavior in Indonesia. This study used the Narrative Literature Review type of design.

Literature search methods

This literature review study uses four stages in paper selection based on the flow chart from PRISMA diagram consisting of identification, namely the process of searching literature with keywords that match the selected topic through a database, screening, namely the process of filtering articles based on predetermined titles, abstracts, and keywords, eligibility, namely determining previous articles as secondary data.

This literature search uses keywords or keywords for the article to be searched reviewed according to the problem formulation that has been determined by the researcher, namely "Family Counseling on Parenting in The Prevention of Adolescent Bullying Behavior". Search for sources in English: ("family counseling" OR "family therapy" OR "family based program") AND ("parenting" OR "family dysfunction") AND ("bullying" OR "aggressive behavior" OR "behavior disorder" OR "peer victimization") AND ("adolescent" OR "student").

Criteria

The inclusion criteria in this literature review study are:

1) Articles written in Indonesian and English.
2) The population analyzed in the article is adolescents aged 10-19 years (WHO)
3) Articles published between January 2017-April 2022
4) The topics studied are related to traditional bullying
5) The intervention used involves the family
6) The population is teenagers who have not or have experienced bullying
7) Measurement of bullying behavior prevention using questionnaires or interviews

8) The topic of study is bullying in adolescents which is related to parental parenting and family involvement

The exclusion criteria in this literature review study are:

1) Studies that do not match the topic of interest to the researcher

2) Articles that are not full-text

3) Articles published in two or more journals

4) Articles withdrawn from journals due to ethical violations

5) The article is the result of a proceeding or conference

6) Articles sourced from journals other than health science disciplines

Data extraction

The literature study in this literature review study uses article search tools through article search engines, namely ScienceDirect, PubMed, SpringerLink, Research Gate and Google Scholar. Researchers also use several keywords to search for articles. The dependent variable in this research is the prevention behavior of adolescent delinquency, while the independent variable is Health Education Intervention. The health education intervention is conducted

Quality appraisal

Researchers will use the PICOS framework, which is an evidence-based practice technique to frame and answer clinical questions related to specific patient problems that are relevant by searching for articles and filtering literature review subjects consisting of inclusion and exclusion criteria (Roever, 2018).

Data analysis

The articles that have been obtained will then be read, studied, abstracted and criticized until then analyzed and synthesized. The analysis stage in the article uses the PRISMA Checklist, namely 17 question items to assess the quality of literature as a research study. Researchers will not use studies with low quality to avoid bias in the validity of the results and review recommendations. The data to be abstracted is descriptive data, such as author, year of publication of the article, topic, type of study, or form of effects and findings. Researchers can also take the form of conceptualization of certain ideas or theoretical perspectives. At this stage it is important to do it in line with the research objectives and questions (Snyder, 2019).

3. RESULTS

The author found 79,607 articles based on a search using keywords from the five databases. A total of 47,040 articles were rejected because they did not meet the year criteria. Then the researchers filtered using exclusion criteria and found 25 rejected articles with details of 11 duplicated articles in 2 or more databases and 14 articles that did not focus on family involvement specifically but tended to involve educators in schools. Then as many as 13 articles were rejected because two articles only discussed cyberbullying, and 11 articles did not focus on solving bullying. After passing the screening based on the inclusion and exclusion criteria, the final total of the articles to be analyzed by the researcher was 11 articles with details of 4 descriptive observational types, three correlational articles, and four experimental articles.

The 11 articles analyzed contained 12,547 adolescents and their families (parents) who were involved in the study from 9 different countries: South Korea (n = 2), Indonesia (n = 1), Taiwan (n = 1), Romania (n = 1), Cyprus (n = 1), Spain (n = 2), Thailand (n = 1), Kenya (n = 1), and Australia (n = 1). The sample size ranged from 3 to 6233 adolescents aged about 10 to 19 years old.

Details of the research characteristics are presented in Figure 1. through a peer group approach in a phased manner. Initially, health education is provided to the peer group, followed by the peer group delivering health education to each adolescent for 30 minutes, according to the module for counseling sessions. Data collection is performed using a questionnaire, and subsequently analyzed using SPSS with the assistance of the Marginal Homogeneity test.
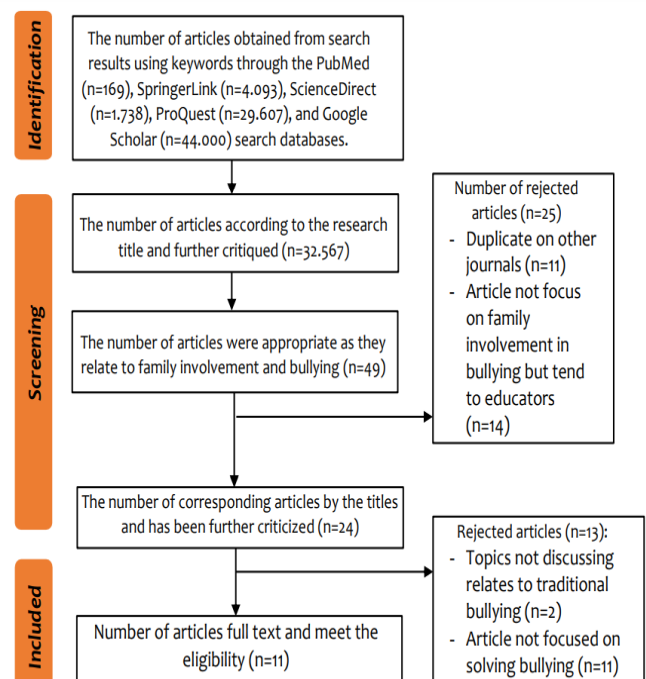
Figure 1. PRISMA flow diagram of study selection

Family Counseling and Adolescent

Family factors related to adolescent bullying are prenatal stressors, lack of affection, dysfunctional communication patterns, negative parenting styles, and transference problems (Park et al. 2021). In line with the findings of Hsieh et al. (2020, adolescents with higher bullying levels had more family violence and neglect in the home environment. This is because bullying is not just a personal problem due to the characteristics and behavior of perpetrators and victims but is also influenced by several relationships with family, peers, and teachers (Balan et al. 2018). If the child experiences violence and neglect in the home/family environment, the child will tend to imitate and practice this behavior outside the home, where parents cannot supervise or even ignore the child. This follows the findings of Hong & Min (2018) that the parent-child relationship will be an example that children will take from time to time in building new relationships with others outside the home. Sari et al. (2021) mention that aggressive behavior in bullying as one of the effects of bad parenting can damage the family system. So, families need to be involved in solving adolescent behavioral problems and bullying behavior. Hong & Min (2018) and Soimah et al. (2019) mentioned

that the family is the primary source of support for problems that arise in individuals and families. Family is a method designed to focus on family problems to help solve the personal problems of family members (Latipun in Sari et al., 2021). In accordance with the function of the family according to Friedman, the family has an affective and coping function, namely the family needs to provide emotional comfort for members, assist members in forming their identity and defend themselves during times of stress (Susanto, 2021).

Parental support can protect adolescents against depression caused by adolescent bullying (Balan et al., 2018; Hong & Min, 2018; Maya et al., 2018). Lester et al. (2017) added that family support and a supportive home environment support positive adjustment, self-restraint, reduced emotional and behavioral problems, and fewer symptoms of depression in adolescents who experience bullying. In addition, the ability of parents/families to care for children, including providing love, communication, setting a good example, supervising, and disciplinary efforts, can reduce children's aggressive behavior, thereby reducing their risk of being involved in bullying circles (Bhusiri et al. 2018). This indicates that the needs of each individual

(especially teenagers) cannot be separated from their relationship with family/parents and peers in the process of growing and developing into an adult human. Family counseling about parenting is essential because it will form a child's independent and not aggressive personality so they can interact with their social environment well.

Parenting in Adolescent

Balan et al. (2018) explained that adolescent behavior and social difficulties stem from family dysfunction that causes cognitive representations that come from previous negative experiences with significant other parties (family or peers). Hsieh et al. (2020) also stated that when a child has a history of traumatic incidents of violence in the family environment, including neglect or growing up in a dysfunctional family, then they are predicted to be easily triggered and quickly react negatively. Bhusiri et al. (2018) explain that children's behavior is influenced by the behavior of their parents, which they reflect through the parenting provided. Njogu & Jonathan (2018) validate that families, especially parents who are physically and emotionally present and present for their children's expectations, can influence adolescents to have positive behavior but are also adapted to the parenting style provided. Parents' parenting style includes disciplinary techniques, efforts to provide affection, communication patterns, behavioral and psychological control, disclosure of children, and a sense of humor. Parents' educational styles are becoming more diverse, so parents need to understand every element of parenting style in order to be able to educate children towards physically and spiritually healthy adulthood (Olga et al., 2019). Olga et al. (2019) themselves classify parenting styles into; (1) permissive, (2) authoritarian, (3) normative democratic, (4) strict, (5) democratic indulgence, and (6) democratic punishment. According to Njogu & Jonathan (2018), authoritative parenting is becoming more popular and recommended than the least popular permissive parenting style. Meanwhile, Park et al. (2021) suggested that the majority of the parenting styles in the respondents were using authoritarian parenting styles, which had an impact on lower self-esteem in children compared to authoritative parenting styles in which autonomously children can have their own will in determining their decisions.

Incidents of Bullying in Adolescent

Hong & Min (2018) explained that from 2011 to 2016, there were 636 cases in Korea.

Indonesia was ranked first regarding bullying-related public complaints, 369 from 2011 to 2014 (Soimah et al., 2019). Hong & Min (2018) stated that the majority of women were involved in the bullying circle (50.46%) compared to men (49.54%). In line with Charalampous et al. (2018), cases of bullying in women are more common (52%) than in men (47.5%), while 0.01% of respondents from the total sample are not willing to inform about their gender. This is different from Hsieh et al. (2020), who state that of the total of 6233 respondents, the percentages of men and women have the same or equal number, namely 50% each. Hsieh et al. (2020) added that aggressive behavior related to bullying that often occurs in respondents is verbal (9.9%) and relational (6.4%), followed by physical bullying (4.1%). And threat behavior (2%). Maya et al. (2018) clasify the factors that trigger bullying as follows, namely the incidence of stress related to family (financial problems 46.2%, prolonged parental conflict 40%, parent divorce 28.6%, new parents 24 .8%, physical and mental illness of parents 24.3%) and individual stress events (hostility 28.1%, victims of family violence 16.7%, sexual violence 6.7%). Park et al. (2021) asserted that hostile parenting from parents also influences a teenager to be involved in bullying later in life. This is justified by Olga et al. (2019) that abusive parenting by parents, such as physical violence, psychological attacks, a lack of affection and poor communication, low self-reliance in teaching, and poor behavioral control, can easily involve children at risk. Involvement in bullying circles both as victims and as perpetrators.

Family Counseling about Parenting in Preventing Teen Bullying

Charalampous et al. (2018) explained that adolescents' main target of anti-bullying prevention and intervention programs should be to emphasize relationships with parents and peers by building trust and communication. Therapy in Maya (2018) uses an approach that aims to improve family relationships while reducing problematic adolescent behavior using psychodramatic techniques such as role-playing, scenes, and role reversal. The core of this family therapy session is discussing conflicts in parent-adolescent interactions and stressful situations experienced by adolescents (e.g., conflict and separation from parents, violence in the family environment, and disputes with peers).

Family counseling as part of family therapy facilitates the discussion process

about how they express emotions, regulate emotions, realize their strengths and difficulties as a family, and develop ways of solving problems within the family which in this case is the problem of aggressive behavior in a circle-bullying (Maya et al., 2018). Bhusiri et al. (2018) explained that family therapy that focuses on parenting skills training highlights parents' communication skills, monitoring behavior, being an example figure, and disciplining. The counseling aims to change the behavior and parental control in modifying the child's aggressiveness. The family counseling in Lester et al. (2017) focuses on what patterns of behavior and attitudes are related to bullying from the family and how to modify it, both as observers, perpetrators, and victims of bullying.

Olga et al. (2019) stated that adolescents with authoritarian and strict parenting scored higher in the aggressiveness dimension of bullying. Meanwhile, authoritative parenting has a significant negative impact on bullying. This is because adolescents with authoritative care often feel that their parents can provide comfort and guidance when faced with certain difficult situations or stressors (Charalampous et al., (2018). Therefore, parenting skills are like how parents communicate to children; being a good example, monitoring children's behavior, and disciplinary training can reduce adolescent aggressive behavior to avoid bullying (Bhusiri et al., 2018)

4. DISCUSSION

Family Counseling and Adolescent

Family dynamics and relationships play a crucial role in children's behavior towards their peers (Lester et al., 2017). This is in line with the theory of family structure proposed by Leslie & Korman (1989) and Parsons & Bales (1955) in Suprajitno (2004) that individual behavior that appears or is shown is a description of the values and norms that apply in a family. In practice, Maya et al. (2018) explained that in counseling carried out by counselors and families (parents-children), counselors need to focus on improving family relationships and explaining increasing parental trust and adolescent communication in family crises as reflected through parenting.

Olga et al. (2019) suggest that if parents are successful in being actively involved in solving adolescent problems (behavioral problems), then the family atmosphere will give birth to love and warm and smooth communication where adolescents can talk freely to their families

(parents) about their feelings so that relationships and open communication can be established which will help family members understand each other's needs and prevent children from seeking validation and acknowledgment from the environment outside the home.

Bhusiri et al. (2018), in their findings, stated that there are changes in parents' behavior in modifying adolescent aggressive behavior. Bhusiri also added that the average score of adolescent respondents' aggressive behavior statistically and significantly showed a lower score than adolescents in the control/comparison group (p < 0.01). Counselors or therapists provide counseling to assist families in raising problems, making decisions, and seeking and implementing solutions in stages according to the agreement. So that in the context of bullying, counselors with families (parents) and adolescents with aggressive bullying behavior can learn from each other about improving communication between family members, roles, tasks in the family, to the task of adolescent developmental stages in order to change children's behavior that is not good (aggressive). which can be reflected through the parenting style that parents provide and how the child expresses his feelings to the

family. Family counseling with teenagers in the context of bullying can also be done for teenagers as victims of bullying by adjusting the purpose of the counseling. Family counseling with adolescent children as victims can focus on extracting emotions and feelings and increasing their confidence so that when faced with bullying situations again, they can make the right decision, namely daring to report to the teacher or the authorities. The counseling can also provide insight to teenagers that bullying is not a good thing to do so that victims can avoid the possibility of becoming perpetrators in the future.

In the articles that explain how to do family counseling with teenagers, it is known that families, especially parents, are a source of behavior and attitudes that will be imitated by children/adolescents when they begin to mingle with individuals of their age so that the family is responsible and has an essential role in solving problems. In adolescent behavior problems such as aggressive behavior, one of the triggering factors is family conflict. Therefore, it would be excellent for families with teenagers to increase their attachment to the insight into the task of adolescent development so that each individual in it, especially teenagers,

can get good role models and complete their development tasks thoroughly.

Parenting in Adolescent

Njogu & Jonathan (2018) mention that different parenting styles have varying behavioral outcomes, and some of them are risky for children and society, such as aggressive behavior or violence directed at their friends at school. According to Susanto et al., (2019) the care of children by the family is related to the hereditary traditions of the previous family and on the other hand modernization is also a strong influence on family institutions with adolescents. Thus, evaluation and modification of parenting patterns is something that should be done if adolescents/children have deviant behavior as well as aggressive behavior. The findings of Olga et al. (2019) state that children with parents who apply authoritarian parenting get the highest scores and are significantly different. Authoritarian parents apply parenting that demands many things from children but is low on reward responses. Besides that, they also reflect a high level of psychological control (Olga et al., 2019). Adolescents who have experienced violence and abuse in the past (small) and grew up in a dysfunctional family environment (dysfunctional family) are more at risk of exhibiting aggressive bullying behavior than adolescents who do not experience this (Bhusiri et al., 2018). anti-bullying interventions need to include developing healthy relationships with parents, which is reflected in how parents modify children's behavior and respond to parenting patterns (Balan et al., 2018).

Families need to instill values and norms to adolescents to form planning for future youth so that adolescents need a family environment that has standard norms in forming a healthy family (Susanto et al., 2016). The democratic/authoritative parenting style is said to have the lowest score for its involvement in aggressive behavior (bullying) (Olga et al., 2019). Parents with authoritative/democratic parenting styles use consistent and supportive disciplinary strategies, namely, parents provide freedom and fulfill children's material matters but also demand responsibility and honesty for children. Parents give the rationality of the rules they apply to their children so that children understand what their parents mean to do simply because parents love their children. In applying these disciplinary techniques, parents also use soft and clear speech and language (not abstract) so that children with limited insight and life experience can

understand the parents' intentions, thus giving birth to love between the two. Several related studies also agree that non-aggressive parenting styles such as democratic parenting can prevent children from having bad (aggressive) behavior. (Bhusiri et al., 2018; Charalampous et al., 2018; Njogu & Jonathan, 2018; Olga et al., 2019).

The articles that explain how the parenting style of parents with teenagers, it is known that parenting has an impact on children's behavior that varies depending on the style of parenting given. Democratic parenting supports adolescents to behave in ways that give birth to love and warm and smooth (clear) communication, which will be beneficial for children to carry out their adolescent developmental tasks at their age. In addition, parents also need to avoid strict (authoritarian) parenting and neglect/soft discipline so that children do not imitate behavior and vent to their peers at school or playground. Therefore, parenting patterns of parents with teenagers must support adolescents to modify aggressive behavior to complete their developmental tasks and avoid bullying incidents, as well as democratic parenting.

Incidents of Bullying in Adolescent

The high incidence of bullying is a reflection of the disability of parents in raising children one of which is by using an authoritarian parenting pattern full of coercion and lacking appreciation (Charalampous et al., 2018; Olga et al., 2019; Park et al., 2021). As a result, adolescents learn and imitate parents' aggressiveness in everyday life, especially in the realm of education (school). Based on the research results, adolescent bullying is caused by several factors such as family-related stress, harmful/abusive parenting from parents, physical and psychological violence, lack of affection from close people (family), low-income family communication, and low self-reliance teaching. (control of behavior, up to the level of parental education (Bhusiri et al., 2018; Maya et al., 2018; Olga et al., 2019; Soimah et al., 2019). Family Systems Theory in Kaakinen et al. (2015) validates the above findings that what happens in one family affects each family member. This is because circular interactions between family members result in functional or dysfunctional relationships.

Parental ignorance about the task of family and adolescent development will easily trigger dissatisfaction with parent-adolescent relationships, so adolescents

tend to behave aggressively towards their surrounding environment (Lester et al., 2017; Balan et al., 2018; Hong & Min, 2018). Therefore, parenting style in teaching values and norms and helping teenagers to shape and modify behavior to be non-aggressive is essential to prevent bullying so that bullying does not happen again and becomes a victim-perpetrator cycle (Njogu & Jonathan, 2018; Olga, 2018). Suprajitno (2004) states that conflict with family members can result in weakening family ties and causing destructive adjustment patterns, including problems brought out of the house. As a result, it can cause individuals to become withdrawn, easily over-stimulated, chronically depressed, hate authority, exalt themselves by demeaning others (bullying), hyperactive, to use defense mechanisms such as blaming others and taking over problems to try to "buy" friends. Friends to be accepted in certain groups.

Family Counseling about Parenting in Preventing Teen Bullying

Family involvement in solving adolescent behavioral problems through improving parenting skills can develop social and emotional skills and prevent adolescent bullying. (Lester et al., 2017). The findings of Maya et al. (2018) showed an increase in emotional intelligence and parental attachment, especially in terms of communication and trust between adolescents and their parents, if the atmosphere in the family gives birth to warmth, affection, precise and fluent communication where adolescents can talk openly about their feelings. Adolescents are likely to obtain good behavioral and attitude resources, reducing the possibility of being involved as perpetrators and victims of bullying (Olga et al., 2019).

Bhusiri et al. (2018) state that parenting skills such as communication, caring training, modeling, discipline, and monitoring can reduce aggressive behavior with a note that it needs to be in line with the Theory of Planned Behaviors (TPB). Park et al. (2021) added that the therapist's primary intervention strategy is to promote insight and training on new communication patterns with families using self-disclosure and active listening techniques.

Family counseling about parenting patterns in preventing aggressive bullying behavior needs to involve parents and children. This is because parents play a role as the primary source of support for children in every problem in the family. Interventions need to be initiated with informed consent by parents who need help regarding

children's behavior problems so that nurses/counselors/therapists can freely examine problems in a structured and open manner. Based on the researcher's analysis, the core of the intervention can be divided into five major phases according to the nursing process, namely:

1) Assessment

The counselor can examine problems or conflicts in the family using specific methods that suit the client's needs, such as psychodramatic techniques that require parents and children to engage in role dialogue using their conflict scenarios so that each can express their feelings during the counseling session. Then the counselor can see from each perspective to be analyzed and determine the therapy goals.

2) Data analysis

At this stage, the counselor determines the dysfunctional location of each party involved so that curative intervention is finally carried out. At this stage, the counselor also needs to validate the client's feelings with the results of the counselor's study so that harmony is found.

3) Diagnosis

the counselor with the family and child sets the goals of the intervention and agrees on the source of the problem to be addressed. The counselor must be the mediator between the two to be neutral and impartial.

4) Implementation

Furthermore, the client is given intervention to increase the awareness of parents and children about the functioning of the family so that parents and children understand their position and role in the family. Clear and non-abstract communication can become a liaison between interactions and feelings between family members. At this stage, children are also directed to be more vocal and expressive in expressing their feelings to their parents so that they do not consider parents to be feared figures but become friends in the family. Based on the analysis of the article, there are changes in parents' attitudes and behavior in modifying children's behavior and changing their behavior to be more non-aggressive to children. As a result, children become more confident and feel enough when with their families without seeking recognition of self-actualization and self-esteem from the environment outside the home (bullying). It takes at least 80-120 minutes for each counseling session, including the training program (if required).

5) Evaluation

At this stage, the counselor can evaluate and correct the results of implementing parenting at home and see the gradual changes in the child in each session.

5. CONCLUSION

Based on all the articles analyzed by researchers, it can be seen that there are changes in parents' intentions and behavior regarding the modification of children's aggressive behavior and changes in adolescents related to aggressive behavior scores measured within one week to one month after the intervention. In addition, researchers found that family counseling about parenting patterns in preventing adolescent bullying behavior is still little research, so it is necessary to do further research. In carrying out their functions as counselors, nurses need to understand the developmental tasks of adolescents and families. In addition, nurses in the setting of educational institutions need to involve the school in formulating policies that support reducing the level of bullying in the school environment. This research is also expected to be useful for health workers to provide counseling in educative and promotive nuances to families regarding developmental tasks and parenting patterns that are pro-children's rights since children are present in the family to adult children.

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AUTHOR CONTRIBUTIONS

Substantial contributions to conception, data collection, analysis: Yeni Rizky Lukman Saputra, Tantut Susanto, and Hanny Rasni. Writing manuscript revisions: Rizky Lukman Saputra. Manuscript revision: Fahruddin Kurdi.

DECLARATION OF INTEREST

The authors declare that they have no conflicts of interest regarding the publication of this manuscript

DATA AVAILABILITY

The data that support the findings of this study are available from corresponding author.

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