

CHAPTER 4

DATA ANALYSIS

The researcher, in this chapter, focuses on analyzing the various types of bullying represented in the *My Nerd Girl* series such as physical bullying, verbal bullying, and social bullying. Moreover, the researcher also explores the bullying effect that happened in the main character of *My Nerd Girl* series. All the data were taken from a web series entitled *My Nerd Girl*. This web series was watched from the *Vidio* application. In analyzing the data, the researcher used the theories by Darney (2009) on types of bullying, and the theory of Rigby (2003) on bullying effects such as low psychological well-being, poor social adjustment, and psychological distress.

4.1 The Types of Bullying on Fara

In *My Nerd Girl 2022*, an Indonesian series, Fara is depicted as a teenage girl who wears glasses, always use a jacket/sweater, has bangs, black hair, brown skin, and a slim body. From her appearance, she looks innocent and nerd when compared to her school friends who follow the trending lifestyle. Fara's character tends to be quiet, likes spending time alone, has only one friend, is not very smart in academics, and is also weak. Figure 4.1 shows that Fara is a good girl and neat in uniform which certainly invites many students, especially teenage girls who look more powerful to try to bully Fara.

Figure 4.1

The physical appearance of Fara



Note : (My Nerd Girl 0:7:38 EP 01)

Fara is reportedly calm, talented in art, not popular but she is favored by one of the most popular student at school school named Reyhan. Talking about Reyhan, he has a handsome face, smart in academic, and also a pro basketball player. Many teenage girls who do not agree that Reyhan approaches a nerd girl like Fara, bully her. As a result, Fara is always bullied by the people around her, either directly or indirectly.

The most prominent bullies are the three popular girls at the Jakarta school, who, during their time at school, consistently bullied Fara. Other bullies come from Fara's own family. Talking about Fara's family relationships, she lives with her mother who has depressive symptoms. Fara always becomes the target of her mother's depressive effects. She has to endure the depressive effects of her mother and always got bad treatment from her mother. Fara has always been her mother's favorite daughter rather than Rea. As a result, Fara is coerced by her mother to always

be better than Rea. Out of four bullying types proposed by Darney (2009), only three occur in the *My Nerd Girl series*. They are physical bullying, verbal bullying, and social bullying.

4.1.1 Physical Bullying

Physical bullying is an action taken by a bully/group of bullies to physically harm the victim. Sullivan (2000, as cited in Darney, 2009) indicates that this kind of bullying involves actions like biting, pulling someone's hair, beating, kicking, isolating a person in a room, squeezing, pushing, scratching, spitting, or any other kind of physical assault. Physical bullying is an unacceptable action that involves a physical attack on the victim, such as striking, pushing, tripping, slapping, spitting, stealing, or throwing something at the victim (Nurmalia et al., 2021). In the series of *My Nerd Girl*, Fara got chasing, trapping, hitting, slapping, hair-pulling, throwing something, kicking, pushing, intimidating, and threatening physical gestures.

a). Chasing and trapping the victim

In the first series of *My Nerd Girl*, it is clear that Fara gets chased by Amelia, Shirley, and Kella to come to an empty building (0:06:56 EP 01). Fara arrives there with a school friend named Neza, a person Amel asks to persuade Fara to take her to the empty building so that Amelia and her friends could bully Fara freely. According to Anderson (2007, as cited in Darney, 2009), chasing and trapping the victim is indirect physical bullying that is realized in threatening physical actions. In the scene, Fara feels threatened because she gets trapped (0:05:50 EP 01). Fara finally run to the

empty building to escape Amelia, Shirley, and Kella. However, the three girls chase Fara until they are at the top of the building so that Fara could not move.

b). Hitting

Figure 4.2

Amelia beats Fara with a stick



Hitting something by using any object at someone is a kind of physical bullying and can harm the victim. In the series, there is a scene where Amelia as the leader of the three popular teenagers beats Fara with a stick (0:03:48 EP 01). Amelia hit the helpless Fara many times without mercy. As a result of the beating, Fara suffers from injuries and bruises all over her body. Amelia stops her bullying action when she hears the sound of police sirens and the three popular girls decide to escape and leave Fara alone. According to Mestry, van der Merwe, and Squelch (2006 as cited in Darney, 2009), bullying is not a result of resentment or even conflict, but of contempt. In Fara's case, Amelia bullies Fara because of her contempt for Fara. Contempt is a strong hate for someone viewed as inferior or unworthy, coupled

with a lack of empathy, compassion, or shame. Amelia sees Fara as someone inferior and unworthy of her.

c). Slapping and Pulling Hair

Another scene that contains physical bullying is the scene showing slapping. Fara, who is at the top of the building, is cornered by the three popular girls who have always been mean to Fara. There, Fara is held in both hands by Shirley and Kella. When Fara could not move, Amelia slaps Fara hard (0:04:04 EP 01). After giving Fara a slap, Amelia does not feel satisfied and quickly grabs Fara's hair with one hand and drops Fara to the ground (0:04:01 EP 01).

Figure 4.3

Amelia slaps Fara hard



According to Sullivan, Cleary, and Sullivan (2004, as cited in Darney, 2009), bullying typically happens when the victim is weak and exhibits psychological and physical characteristics that predispose them to victimization. Fara becomes the target of the three popular girls (Amelia, Shirley, and Kella) because her body proportion is much smaller than the bullies. Fara cannot fight back against what they did because

she is just an ordinary girl who is not good at arguing and fighting back. It is very unlikely for her to retaliate against the actions of Amelia and her friends.

d). Throwing something at the victim

Physical bullying occurs when someone intentionally throws something at another person because it involves physical assault and physically harms the victim (Nurmalia et al., 2021) incident involving physical bullying occurs when Fara enters the classroom and sits in a chair right in front of the three popular girls. Amelia as the leader starts throwing paper first at Fara which is followed by Shirley and Kella.

Figure 4.4

Amelia and her friends throw paper at Fara



While some people are very tough, others are surprisingly sensitive to the unpleasant behaviors of others and are easily hurt. Again, some children may suffer harm from one type of cruel behavior, while others may suffer harm from another (Darney, 2009). In the case of Fara, she always gets negative treatment from Amelia and her friends and Fara cannot stop their actions because Fara has no power over them.

e). Kicking

Kicking is also an act of physical bullying that can make the victim lose a sense of security and confidence. Before class starts, Amelia does cruel actions by kicking repeatedly the chair where Fara sits (0:40:21 EP 01).

Figure 4.5

Amelia kicks the chair where Fara sits



According to Oyaziwo (2006, as cited in (Darney, 2009), teenagers are unable to protect themselves and bullying victims often suffer harm or discomfort as a result of repeated assaults. The result of bullying behavior is satisfaction and empowerment for one person and pain or distress for the other party. In the scene, Fara herself does nothing and just stays silent and cannot retaliate when Amelia kicks continuously. Reyhan then stops the action because it is causing a disturbance in the classroom. Amelia is cautioned to keep quiet by Reyhan, the class president. Amelia grows irate and irritated when she sees Reyhan standing up for Fara.

f). Pushing

The act of pushing intentionally is a negative thing that is included in physical bullying. This can be seen in a scene from the series *My Nerd Girl* (0:37:28 EP 02),

where Fara has trouble carrying a human skeleton to class. While Fara is bringing the skeleton, Amelia and her friends follow Fara behind.

Figure 4.6

Amelia pushed Fara on purpose



The three girls approach Fara and push her on purpose without pity. After the three popular girls push Fara on purpose, they instantly walk away from Fara, who is having difficulty holding the skeleton alone.

4.1.2 Verbal Bullying

Among the various types of bullying that Fara faces, verbal bullying is also the type of bullying that Fara experiences. Bullying that is verbalized can be either direct or indirect and is frequently referred to as psychological or emotional bullying. Direct verbal bullying occurs in person. Name-calling, insults, put-downs, harassment, and purposeful neglect of a person are a few examples (Darney, 2009). In the series *My Nerd Girl*, Fara receives verbal bullying of name-callings, spreading bad rumors, and put-downs.

a). Name-calling

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Amelia : “*Duduk cupu.*[Sit down, nerd girl.]” (0:40:27 EP 01)

Amelia : “*Hai cupu selamat pagi, udah sarapan belum?*”[Hi nerd girl good morning, have you had your breakfast?]” (0:15:38 EP 01)

Kella : “*Hai cupu.*[Hi nerd girl.]” (0:06:03 EP 01)

The dialogue above shows that Fara is always called by her name a “*nerd.*” Because Fara never resists, the three popular girls even become happier to bully Fara. According to Nurmalia (2021), verbal bullying can be very harmful and have long-term psychological or emotional effects that can be quite dangerous for the victims. The word “*nerd*” can be interpreted as verbal bullying because it refers to calls that may make someone feel inferior. Fara, who looks like a “*nerd*” because of her appearance, uses old-fashioned glasses and always wears a jacket, which the bullies think is very unstylish. Fara can only hang out with one friend who is on the same level and cannot socialize with anyone other than her friend, Suki.

Figure 4.7

Fara and her only best friend named Suki



Note : (My Nerd Girl 0:10:14 EP 01)

The three popular girls think Fara is a student who does not belong to a prominent Jakarta high school because of her appearance and character, which do not match those of a sociable and popular student. Charach, Pepler, and Ziegler (1995, as cited in Darney, 2009), classmates thought victims were "weak," "nerds," and "afraid to fight back." However, in this study, 43% of the students claimed that they would make an effort to help the victim, 33% claimed that they should help but do not, and 24% claimed that bullying was none of their business. Fara always gets bullied at school by Amelia, Kella, and Shirley in public. Even though many teenagers saw Fara being bullied continuously, no one dared to defend Fara, not even her best friend, Suki. This happens because the defending person is afraid of the bullies if they are involved and can even become targets for bullying.

Not just being called a „nerd“, but Fara also received rude words such as „bitch“ from the three popular teenagers. Saying bad things like „bitch“ is a part of bad words and can destroy a victim’s mental health. In the dialogues above, it is

explained that the three popular girls are chasing Fara who is running away from their attack. During the chase, Amelia and her two friends told Fara to stop running away using harsh words.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022*:

Amelia : “*Mau kemana lo, anjing!*[Where are you going, *bitch!*]” (0:05:12 EP 01)

Amelia : “*Anjing lo! Cewe gila!*[You *bitch!* Crazy girl!]” (0:14:53 EP 01)

And lastly, Fara also gets the supposition of being “*trash*”. In the dialogue above while Fara arrives at school, Shirley and Kella immediately approach Fara and take her to the school park. Arriving at the place, Amelia is smiling and telling Fara to take a seat on a park bench. Soon after, Amelia kicked the waste container containing used food and forced Fara to grab one of the leftover food. Amelia cruelly told Fara to eat it for breakfast because Amelia thought Fara is like trash.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Amelia : “*You are what you eat dan elo itu sampah!*[You are what you eat, and you are trash!]” (0:15:07 EP 01)

b). Spreading bad rumors

In the second series of *My Nerd Girl*, Fara received bad rumors from her school friends (0:28:47 – 0:27:01 EP 02). It is started with Neza who spreads bad news without Fara's knowledge. Neza spreads it through her friends who have an account

named "*Lambe Tumpah* community where they provide the latest hot news around the school. The *Lambe Tumpah* community is looking for information about Fara who disappeared for 2 weeks before finally going back to school and causing an uproar in the school. According to Sullivan (2000, as cited in Darney, 2009), spreading false or malicious rumors, and spreading harmful rumors are parts of verbal bullying. Neza, who spreads bad rumors to the *Lambe Tumpah* community, makes the community even more enthusiastic about making hot news about Fara. Gossip from Neza who does not know the truth defames Fara's reputation.

c). Put-downs

Putting people down is a form of verbal bullying. In the series *My Nerd Girl*, Amelia and her two friends have seen put-downs to Fara in the middle of a conversation. Direct verbal bullying is done face to face (0:19:13 EP 04). Put-downs may result in lowered self-esteem and influence the opinion of others about the victim Jacob (2006, as cited in Darney, 2009). Amelia describes Fara as the lowest level, while Amelia is at the highest level. Amelia also added that Fara only has one friend who is just as weird as Fara.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Amelia : “*Tapi lo tau lah, di sekolah apalagi di SMA itu punya hirarki.[As you know, in school especially in Senior High School has a hierarchy.]*”

Amelia : “*Ini gue.[That is for me.]*”

(Amelia arrogantly raised her right hand high and displayed her level)

Amelia : “*Itu Fara.*[That is for Fara.]”

(When talking about Fara's level, Amelia immediately lowers her hand to the bottom of the floor while stomping her right foot).

Fara not only receives put-downs from Amelia, but she also receives put-downs from her parents. Fara, who participates in a poetry contest in Surabaya, makes the first visit to her father's and Rea's luxurious home (0:43:44 EP 05). Fara, who arrives unexpectedly, hopes to surprise them with her presence. Fara's father, who is quite busy, does not welcome her kindly when he sees her arriving in Surabaya and makes her go back to Jakarta. Knowing that her father is busy, Fara wants to communicate with Rea. Fara's father becomes angry and refuses to give her permission. As a result, her father puts-downs on Fara. Fara gets words that his father does not deserve to say. Fara, who has traveled from Jakarta, feels ignored and ejected from her father's home. Fara's father is forcing her to return to her mother's house.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Fara's father : “*Kamu ini semakin lama, semakin mirip dengan mamamu, sekarang kamu pulang, papa bilang pulang! Pulanglah ke Rianti! Selayaknya anak yang paling dia sayangi.*[You are getting more and more like your mother's

character, now you go back, I said go back! Go back to Rianti! Like the child she loves the most.]”

There is another scene that tells about Fara's mother. Her mother, who seems to really love Fara and always puts Fara first, also has a perfectionist side to Fara. Fara is forced to always obey what her mother says. In the *My Nerd Girl* scene, it tells that Fara is trying on a blue dress that her mother gives her (0:03:57 EP 06). Seeing from Fara's expression, she does not like it, but Fara still says that she likes it. Seeing Fara's expression, her mother is angry and put-downs on Fara.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Fara's mother : “*Kalau bagus kenapa wajahmu begitu? Dasar anak tidak tahu diuntung! Tidak menghargai orangtua!*[If it's good, why is your face like that? What a shameless child! You are not respecting me!]”

As a result of the influence of depression, her mother becomes out of control and put-downs on Fara.

4.1.3 Social Bullying

Intimidation from within a social group or intentional exclusion from that group are two examples of this sort of bullying, Lee (2004, as cited in Darney, 2009). According to Oyaziwo (2008, as cited in Darney, 2009), this kind of bullying comprises both direct and indirect behaviors, such as using racial slurs or neglecting the victim. Its goal is to manipulate relationships. Other signs of social bullying

include antagonistic body language, shaking fists, aggressive stares, eye-rolling, sighs, frowns, sneers, and looks or glances that convey hurtful signals Anderson (2007, as cited in Darney, 2009). In the series of *My Nerd Girl*, there are two signs of social bullying such as the glance that conveys hurtful messages and disgusting expressions.

a). The glance that conveys hurtful messages

In the series *My Nerd Girl*, Fara gets social bullying in her class (0:42:21 EP 01). It all begins when Fara unexpectedly shows up at school after being missing two weeks prior, causing gossip among the students. Other signs of social bullying include looks or glances that convey hurtful messages (Anderson, 2007, as cited in Darney, 2009). Fara arrives late in the classroom. Everyone is so shocked because of her presence. The three popular girls stare at her disrespectfully.

b). Disgusting expressions

Giving expressions of disgust to victims among many people is a form of social bullying. In the *My Nerd Girl* scene (0:04:48 EP 04) the students distribute school event flyers to each student. Amelia, Shirley, and Kella also receive the flyers. Amelia and her two friends do not agree that Fara is the queen at a school event. Social bullying occurs when Amelia brainwashes her classmates to refuse Fara to become queen at a school event. She openly says that she does not want to accept

Fara becoming queen and gave an expression of disgust at Fara in front of the classmates.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022*:

Amelia : “*Hah? Fara lo bilang queen?*[Huh? Do you think Fara is the queen?]”

When Fara is in the classroom, Amelia criticizes her, and all of the students in class overhear all of Amelia's talking. Amelia screams among many classmates with a disgusting expression. Amelia immediately crumples the brochure and throws it in a random direction.

Amelia : “*Lo pada kehabisan berita atau gimana sih? Sampai orang kayak gini lo bilang queen?*[Are you running out of news or what? For someone like this, you say a queen.]”

While talking, Amelia looks at Fara while giving a disgusting expression because Amelia feels that Fara does not deserve to be queen at a school event.

4.2 The Effect of Bullying on Fara

In bullying action, there are always effects experienced by the victim. The effect that occurs can affect the victim both physically and mentally so it can make the victim suffers. In the series of *My Nerd Girl*, Fara as a victim of bullying experiences many effects from bullying that threaten her life. Based on Rigby (2003), there are four categories of bullying effects such as low psychological well-being, poor social adjustment, psychological distress, and physical unwellness. In the series of *My Nerd*

Girl, the author found 3 categories of bullying effects: psychological well-being, poor social adjustment, and psychological distress.

a). Low psychological well-being

Low psychological well-being involves emotional states including general unhappiness, low self-esteem, and feelings of anger and sadness that are typically seen as unpleasant but not necessarily threatening (Rigby, 2003). The effect that stands out from the low psychological well-being experiences on Fara is low self-esteem. The effects that Fara experiences are the result of bullying by Amelia, Shirley, and Kella. Fara also tends to shut herself up and does not want to tell anyone, including her best friend, Suki. Fara tends to pour out her life problems through paintings and also her book diary. Fara always writes a diary because she never tells anyone about her problems. Fara even writes it secretly so that no one can read her diary. In her diary, she writes her bad experiences in the form of poetry.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Suki : *“Dulu Fara sering banget nulis-nulis di buku ini.. tapi dia orangnya private banget, setiap kali aku berusaha untuk ngintip, dia kayak.. ngumpet – ngumpet gitu.[*

Fara has written a lot in the past for this book, but she is a very private person, so whenever I attempt to sneak a glimpse at the book, she's hiding it.]”

Not only that, Fara also feels unhappy with herself. She feels something wrong with her and starts to compare herself with others. Fara feels inadequate with herself and often sees the activities of her twin sister, Rea. In the *My Nerd Girl* scene, Fara is posing in the mirror and imitating Rea's style on social media (00:44:39 EP 06). However, even when posing, she can not imitate the same style as Rea. With her clumsy style that standing in front of the mirror, Fara is staring at herself in the mirror with sadness.

b). Poor social adjustment

Poor social adjustment typically comprises sentiments of antipathy toward one's social environment, demonstrated by a distaste of one's place of employment or attendance at work, as well as overt signs of loneliness and isolation (Rigby, 2003). In the series *My Nerd Girl* (0:47:32 EP 03), Fara feels ignored by friends at school. Then, Fara decides to return to Surabaya. Fara feels that this is the right way to prevent Fara from being bullied by Amel, Shirley, and Kella. In that scene, Reyhan persuades Fara not to return to Surabaya and asks Fara to change her attitude and be a genuine person so that Amel and her friends would not bully Fara again. Fara feels that the city of Jakarta is not right for Fara's existence.

This can be proven through dialogue conversations in the series *My Nerd Girl 2022* :

Fara : “*Aku juga berusaha nyesuain sama anak – anak sekolah, tapi ujungnya juga sia-sia Reyhan.. karena nggak ada yang bantu aku sama sekali.*” [I also try to adjust

with other friends at school, but in the end, it's also useless Reyhan.. because no one helps me at all.”]

c). Psychological distress

Psychological distress includes extreme depression, and suicidal thinking (Rigby, 2003). In the *My Nerd Girl* series, Fara is depressed and commits suicide by jumping from the top of a building (0:14:13 EP 06). According to Oyaziwo (2006, as cited in Darney, 2009)) the most extreme consequence of bullying for victims and society is violence, in the form of both murder and suicide. The sense of powerlessness experienced by children who are victimized may be so profound that some victims of bullying react with self-destructive acts or lethal retaliation. Before Fara committed suicide, Fara gets bullied by Amelia, Shirley, and Kella on top of the building. Fara has taken a lot of beating from them and suffers alone. Finally, Fara only cries because she always got bullied and never stop being bullied by the three of them and she committed suicide so she would not be bullied again.