BULLYING: SIGNS AND EFFECTS

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Bullying is defined as one of the major dilemma that educators and parents are experiencing in this modern world. Bullies use force or intimidation and dominate someone aggressively. Bullying comes into different forms, it includes assault or physical bullying which involves hitting, pushing, and other actions that use force; verbal bullying denotes as giving hurtful comments, name-calling and teasing; sexual harassment when someone touches any part of a person against his or her will; social bullying comprises the usage of relationships to hurt someone. It includes rejecting or giving someone a cold shoulder from a friend group, spreading false accusations and treating someone as if he or she does not exist; lastly, cyberbullying is the most common type of bullying nowadays where many people are associated to social media.

Bullying may affect students in a different way, however, the effects that it may cause the students are truly alarming. Anxiety and deep depression may result to increased sadness and loneliness, sleep and eating patterns change drastically and sudden loss of interest to the things or activities that they usually enjoy. If these matters continue until adulthood adverse effects may lead to health complaints, low achievement scores in academic and worse death.

Moreover, Borba (2012) stated that there are estimated 160,000 students who skip school every day because they are afraid of being assaulted or coerced by bullies. Reports also claimed that being bullies start at younger ages and become aggressive as they get older. Borba also identified several signs that the students are being bullied in the school that teachers and parents must be aware of. These signs include the following:
1. Physical marks such as bruises and cuts.

2. Loss of school things

3. Lost interest to go to school or to participate in any activities with their peers.

4. Avoid riding the school bus.

5. Student suddenly becomes withdrawn and lonely.

6. Student show drastic change in behavior or personality.

7. Difficulty in sleeping and eating.

8. Student begins to bully their younger siblings.

9. They have fewer friends because other students are afraid to get bullied as well.

10. Student shows tendency of suicide.

Parents must be aware of their children’s behavior and keep studying their body language. Provide time to talk and eat with them. Children who trust their parents are most likely to prevent or avoid the effects of bullying. Usually, children who are being bullied are ashamed to admit that they are receiving such treatment from their peers therefore they will hide it from their parents. Building rapport between parents and children is the key factor to cure bullying. Parents must emphasize to their children that that they are always there for their children’s welfare.

If the teachers and parents keep seeing the signs of being bullied, they can work together and seek the help of mental health professional to save the students from the agony of this maltreatment.
References:

Merriam Webster


Retrieved from info.character.org