HOW BULLIES AFFECT THE PSYCHOLOGICAL BEHAVIOR OF A PERSON?

by:

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Bullying is an unwanted, aggressive behavior. It is repeated and can be repeated all the time. Thanks to Anti- Bullying Act of 2013 otherwise known as RA No. 10627, which serves as protection to children in and out of the school from those bullies and misbehaving children. Bullies are usually those youths involved in different troubles.

There are different acts of bullying from physical, mental and even emotional. Those victims suffer both psychological and emotional difficulties. This creates a much bigger problem when it involves gang war, or conflicts between brotherhood and fraternity. Eventually, misconceptions of bullies are still difficult to grasp because of its broad inclusions.

The youth is said to be the hope of the future. How can it be realized when they are excessively proud and disrespectful. They are happy go lucky, inconsiderate, and just think of themselves. These best describe bullies. They would not care whatever the outcome of their inappropriate actions might be.

There is an increased incidents of bullying today. It is now a big concern among schools since it occurs every now and then. The victims suffer from psychological and even emotional trauma. Others lead to committing suicide. Others who are greatly affected even stop studying because of trauma and fears brought by the incident of bullying. Others become lonely, afraid to mingle with other people. These are of the few effects of bullying.
Because of Anti-Bullying Act of 2013, Students, are now well oriented about the consequences if they commit trouble with other people. They are well informed about this act of 2013. Hence they are obliged to behave in agreement with the law.

How should students prevent doing the acts of bullying?

Students should be taught how to live happily. Think and act in positively. Act like a responsible and mature person. Avoid trouble. Encourage them to engage in activities that will enable them to become productive and promote social interaction with other people. In addition, a person should realize his/her strengths and weaknesses so that he acts in accordance with his good deeds and intentions so he could refrain himself/herself to do acts that will result to bullying.

Reference:

<Ref>[(eLegal)] RA 10627: The Anti-Bullying Act, Disini Law Office, January 22, 2015