LOOKING THROUGH THE EYES OF THE BULLY

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We all have been, at a certain point in our lives, children. I could remember the time when I was such. I was playful and very curious on different things. It might be a shame to admit it but there were many times when I was at the ruthless end of the constant teasing of my classmates bigger than I was.

Now that I am a classroom teacher, it is very disheartening to witness the same situation among my pupils. I see bigger kids pushing and teasing the smaller one. Interestingly, I see smaller kids do the same thing to bigger students. I could not remember what it was called during my days but these present days have paved for a better understanding of the concept of bullying.

Researchers contend that bullying is a serious health problem that may include either verbal or physical injury or social isolation (Huddleston, Varjas, Meyers & Cadenhead, 2011). Additionally it was found that bullying may have (Beaty & Alexeye, 2008). In short, bullying poses threat to the mental, physical, emotional and even academic standing of the learners.

The victims, for sure, are the ones who are severely affected by cases of bullying. However, it is also interesting to note that the bullies may have suffered as much as the victims. Beaty et.al said that bullying could be harmful to both the perpetrator and the victim. One particular study revealed that there is a relationship between bullying behavior and depression, anxiety, aggression and hyperactivity (Bacchini D, Affuso G, and Trotta T. (2008). Additionally, bullies tend to earn less favorable views of school and
they are found to have more conduct problems leading to high probability of academic engagement (Huddleston et al., 2011)

It goes without argument that victims should be properly taken care of. However, the bullies should also receive equal treatment most especially our young offenders. They are in as much pain, though not necessarily similar in nature, as the victims. What is needed is an individualized psychoeducational intervention. Such intervention will take a unique approach for each identified bully based on his or her emotional, social and psychological needs.

It is only proper that we stop bullying inside the schools not only to save potential victims but also save potential bullies. What is necessary is that we look through the eyes of the bullies and see their world from their perspectives. That is what would help us to help the bullies. In the end, that may help us in establishing and maintaining a safe and conducive environment for all learners.

References:

