THE IMPACT OF BULLYING

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School bullying is a type of bullying that commonly occurs in an educational setting. Bullying without comprehensive definition can be physical, sexual, verbal and emotional in nature. For an act to be considered bullying it must certain criteria. This includes hostile intent, repetition, imbalance of power distress and provocation. Bullying can have a wide spectrum of effects on a student including anger, depression, stress, and suicide. The person who is bullied is affected, and the bully can also grow up to develop different social disorders or have higher chances of engaging in criminal activity.

Students who are bullied are more likely to:

- feel disconnected from school and not like school going to school anymore
- have lower academic performance, including lower attendance and completion rates
- lack of quality friendships at school
- display high levels of emotion that indicate vulnerability and low levels of resilience
- be less well accepted by peers, avoid conflict and be socially withdrawn
- have low self-esteem
- have depression, anxiety, feelings of loneliness and isolation
• have nightmares

• feel wary or suspicious of others

• have an increased risk of depression and substance abuse

• in extreme cases, have a higher risk of suicide, however, the reasons why a person may be at risk of suicide are extremely complicated.

Contributing factors to being bullied may include:

• depression

• family problems

• history of trauma

• belonging to a minority group, where isolation or lack of community support is an issue.

According to Olweus (1993, 1997), bullying is the exposure to repeated negative actions over time on the part of one or more students. Negative actions are intentional attempts to injure and cause discomfort in others. Examples are physical contact, verbal insults, rumors, and intentional exclusions. For the actions to qualify as bullying, an asymmetric power relationship between the bully, and the victim should also exist such that the bullied child has difficulties defending himself or herself against the perpetrator. The seminal works by Olweus (1993, 1997) describe two victim types: passive and provocative. The typical passive victim is cautious, sensitive and quiet and reacts by crying. Boys who are bullied are generally physically weaker than other boys. The provocative victim, on the other hand has problems with concentration, causes irritation and tension and is often hyperactive. Olweus (1997) describes bullies as aggressive towards peers, parents, and teachers. Bullies are more prone to use violence,
are impulsive and have a strong need to dominate others. Furthermore, they are in general physically stronger than other boys.

References:


https://reolink.com/how-to-stop-bullying-in-schools/