

Overview of Bullying

Bassam Abdul Rasool Hassan¹ & Ali Haider Mohammed²

¹ Department of Pharmacy, Al Rafidain University College, Baghdad/Iraq

² School of Pharmacy, Monash University Malaysia, Jalan Lagoon Selatan, 47500 Bandar Sunway, Selangor, Malaysia

Correspondence: Bassam Abdul Rasool Hassan, Department of Pharmacy, Al Rafidain University College, Baghdad/Iraq.

doi:10.56397/SSSH.2023.04.07

Abstract

The term “bullying” refers to a specific form of aggressive behavior in which one person or a group of people frequently targets a weaker person for physical harm, social exclusion, or both.

Why do bullies act the way they do? Some researchers have hypothesised that bullies seek to establish themselves as the most popular and influential members of their peer group. Aiming to improve one’s social standing is intrinsically linked to being part of a group, despite being an individual motivation. The term “status” refers to a person’s “relative standing in the peer hierarchy,” or “the result of an evaluation of attributes that produces differences in respect and prominence.”

The current study focuses on the concept of bullying and sheds light on numerous facts about this behavior, including why people engage in bullying, why bullying continues, and how victims cope in various peer groups.

Keywords: bullying, aggressive behavior, victims, quality of life

1. Introduction

Bullying is not like any other type of aggressiveness between people; it manifests itself in a wide variety of contexts, has a wide range of goals, and can take many different forms (Susan M. Swearer & Shelley Hymel, 2015). Once considered a normal part of growing up, bullying is today understood to be a serious and avoidable public health issue with potentially devastating effects (Amany Masalha., Mohammad ALBashtawy, Bayan ALBashtawy, Marah Shiyyab, Sa’d ALBashtawy, Abdullah Alkhawaldeh, Rasha Abu-Sahyoun, Ali Ibnian, Abdullah Al-Kazaleh & Zaid ALBashtawy, 2021; National Academies of Sciences, Engineering, and Medicine, 2016). Victims may experience negative effects on their social, psychological, mental, identity construction, and learning abilities; they may also be at increased risk for developing psychiatric disorders (such as depression, anxiety illnesses, and psychotic symptoms); they may also develop low self-esteem and poor physical health. Bullies are more likely to develop emotional and behavioral issues down the road. In addition, both bullies and their victims are more likely to perform poorly academically compared to their peers who do not engage in bullying (Amany Masalha., Mohammad ALBashtawy, Bayan ALBashtawy, Marah Shiyyab, Sa’d ALBashtawy, Abdullah Alkhawaldeh, Rasha Abu-Sahyoun, Ali Ibnian, Abdullah Al-Kazaleh & Zaid ALBashtawy, 2021; National Academies of Sciences, Engineering, and Medicine, 2016). Negative outcomes will not just affect the bullied and the bullies, but also any bystanders who were present during the bullying incident (Amany Masalha., Mohammad ALBashtawy, Bayan ALBashtawy, Marah Shiyyab, Sa’d ALBashtawy, Abdullah Alkhawaldeh, Rasha Abu-Sahyoun, Ali Ibnian, Abdullah Al-Kazaleh & Zaid ALBashtawy, 2021; National Academies of Sciences, Engineering, and Medicine, 2016).

2. Bullying During This Era

With the advent of the internet, and other forms of digital electronic communication, the number of places where bullying behavior occurs has increased over the past few decades. Because of the widespread availability of these channels of interaction, bullying has taken on a new communal dimension. While many news accounts have implied a causal relationship between bullying and suicide, the available research suggests that many factors contribute to a young person's suicidal thoughts and actions. However, several studies have shown a correlation between bullying experiences and suicidal thoughts and actions (National Academies of Sciences, Engineering, and Medicine, 2016; Randy A., 2008)

2.1 Type of Bullying According to Place of Incidence

2.1.1 At Workplace

Bullying in the workplace can take many forms, including verbal, physical, social, and psychological abuse at the hands of a superior or coworkers.

Bullying in the workplace is not limited to just offices; it can occur in any business or organization, including stores, cafes, restaurants, workshops, community groups, and even government agencies. Volunteers, students on work-study, interns, apprentices, and both temporary and full-time workers are all vulnerable to bullying in the workplace (Samuel Farley, Daniella Mokhtar, Kara Ng & Karen Niven, 2023; Fernando R. Feijó, Débora D. Gräf, Neil Pearce & Anaclaudia G. Fassa, 2019).

2.1.2 At School

School bullying is a major issue all over the world. It's a widespread problem with the student body's health. The health of children who engage in bullying, either as victims or bullies, is severely compromised. Victims' social, psychological, mental, identity construction, and learning abilities may all be negatively impacted, and they may be at a greater risk for developing psychiatric issues (such as depression, anxiety illnesses, and psychotic symptoms), low self-esteem, and poor physical health in the future as a result of this issue. Furthermore, bullies tend to exhibit more behavioral and emotional issues as they age. Furthermore, both bullies and their victims tend to perform worse academically than non-participating peers (Stelios N. Georgiou & Panayiotis Stavrinides, 2006).

2.1.3 At Home

Family bullying typically takes the form of verbal or emotional aggression, but it can sometimes become physical as well. The problem is that family bullies frequently resort to tactics like manipulation, humiliation, and intimidation. They may also refuse to value or appreciate the target, constantly criticise them, blame them, call them names, and so on. A family bully may resort to gaslighting or try to isolate the victim by turning other family members against them or by isolating the victim through silence. In some cases, an adult member of the family engages in bullying behaviour simply because they have never been taught appropriate social skills. But sometimes it's because the bully is trying to exert power and control. Bullying within a family is distinct from domestic violence, which can occur between unmarried roommates or spouses. The term "family bullying" refers to bullying that occurs between members of the same family who are not intimate partners, even though the intent and types of behaviour are similar (Stelios N. Georgiou & Panayiotis Stavrinides, 2006; Antonio Garcia-Hermoso, Xavier Oriol-Granado, Jorge Enrique Correa-Bautista & Robinson Ramírez-Vélez, 2019).

3. Bullying and Quality of Life

The World Health Organization (WHO) says that health is not just the absence of disease, but also the full mental, emotional, and social ability to enjoy life without being limited by a weak immune system or other problems. Because of the comprehensive picture they present of health and happiness they offer, indicators like the health-related quality of life (HRQoL) are gaining popularity. There is a negative correlation between bullying involvement and health-related quality of life (HRQoL) in both bullies and their victims, according to recent studies. Consistent research has shown a negative correlation between bullying and HRQoL; however, being a victim or perpetrator of school violence can have far-reaching effects on a person's mental, physical, and social health. Previous research has found that the risk of mental health issues in adolescents varies with both the role and type of bullying experienced (Natalia Albaladejo-Blázquez, Rosario Ferrer-Cascales, Nicolás Ruiz-Robledillo, Miriam Sánchez-SanSegundo, Manuel Fernández-Alcántara, Elisa Delvecchio & Juan Carlos Arango-Lasprilla, 2019).

4. Conclusion

Bullying is a form of conduct that has no place in any social or professional setting. To be effective, anti-bullying policies need to take on the challenge of establishing psychological and social security in all three settings; the classroom, the home, and the workplace. Actions taken to improve the management and leadership of organizations, the prevalence of democratic values, and the quality of life for humans in a variety of contexts.

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