Rajni
Ph.D., I. C. College of Home
Science, Chaudhary Charan
Singh Haryana Agricultural
University, Hisar, Haryana,
India

Dr. CK Singh
Ph.D., Professor, I. C. College of
Home Science, Chaudhary
Charan Singh Haryana
Agricultural University, Hisar,
Haryana, India

Impact of bullying on adolescents

Rajni and Dr. CK Singh

Abstract
Bullying is unwanted, aggressive behaviour and use of force, hurtful teasing or threat, and is often repeated and habitual. It is very common in India as like in many other countries. It is a problem that begins at childhood and goes on until adulthood. Here, the main problem is that people do not consider it a problem. This problem is that much internalized, that people ignore it and take these incidents very casually. It can happen in person or online, through various online websites and it can be noticeable or unknown. These actions are repetitive, or has the potential to be recurrent, over time (for example, via sharing of digital histories). It is any practice or for any cause can have instant, moderate and longstanding effects on those involved, including bystanders.

Keywords: Bullying, adolescents, victims, bully

Introduction

According to world health organization (WHO) bullying is a multidimensional practice of maltreatment, commonly perceived in schools and work area. When a person face repetitive experience to physical and/or emotional aggression containing teasing, name calling, threats, harassment, taunting, social exclusion or rumors is called bullying. Bullying is very common in India as like in many other countries (Venugopal, 2008) [14]. It is a problem that begins at childhood and goes on until adulthood. Bullying is a violent action that is be going to show control and command over another person via physical, vocal and non-verbal offensive deeds, space of the other person is interrupted by bully one. Bully person also tease others via technology for instance mobile text messages, blogs and social media. Bullying is on a rise in India and 1 in 3 children has bullied (Ayyar, 2015) [1]. Here, the main problem is that people do not consider it a problem. This problem is that much internalized, that people ignore it and take these incidents very casually (Sahasrabuddhe, 2017) [11]. Different forms of bullying varying according to grade levels. Physical bullying was reported high among high school and higher secondary students while sexual bullying was reported high when the children were primary school students [UNESCO New Delhi's research, October 2020]. Ranjith *et al.* (2019) [10] stated that boys indulged more in physical bullying rather than girls.

The bullying triangle: There are three important stakeholders in bullying phenomenon:

Bully: A child/adolescent who exhibits low social proficiency and poor in academics and not able to deal with academic tasks, holds negative attitude and view about others, negative self-image, incapable to solve problems, having disturbed family environment characterized by conflict and poor parental monitoring, negative perception about his or her school, can be easily influenced by negative community factors, and more likely to get negatively influenced by his or her peer group.

Victim: A child/adolescent who is more likely to show poor social skills, have a negative self-image, poor problem-solving skills (social problems), come from evil or disorganized family, school, community/society, they tend to get a rejection and isolated by peers.

Bystanders: The bystander is a person who is also involved in this bullying process, their only presence and behavior encourage bullies to continue bullying. Patel *et al.* (2020) found that further and foremost occurrence of bullying participation was 70% and the boys were more bullies than girls. Further, the occurrence of victims was more in boys (67.2%) compared with than girls (51%).

Corresponding Author
Rajni
Ph.D., I. C. College of Home
Science, Chaudhary Charan
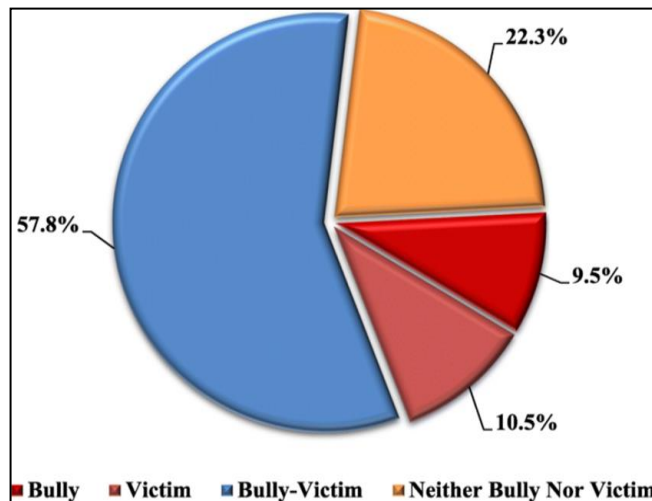Singh Haryana Agricultural
University, Hisar, Haryana,
India

Fig 1: Indian Journal of Public Health Association (2015)

Types of bullying include: Verbal bullying, Physical bullying, Social bullying, Cyber-bullying

Verbal bullying is saying or writing mean things. It includes name calling, insults, teasing, intimidation, verbal abuse, Laughing at someone, Shouting at or talking to others in a bad-mannered or cruel tone of voice, especially without justifiable cause inappropriate sexual comments, threatening to cause harm. Sometimes, verbal bullying is common in both boys and girls, but girls are more likely to perform it. Girls use verbal bullying, as well as social rejection techniques, to dominate and control other individuals and show their authority and power. However, there are also many boys with subtlety enough to use verbal techniques for domination, and who are practiced in using words when they want to avoid the trouble that can come with physically bullying someone else. Chhabria *et al*. (2020) [2] found that the prevalence of verbal bullying was with physical bullying and cyber bullying being less repeatedly informed. Ramya and Kulkarni (2011) [8] found that bullying was reported by (60.4%) adolescents, was seen to be more prevalent among boys than girls, the commonest form is being calling names and making fun of one's looks. Ranjith *et al*. (2019) [10] concluded that a high percentage of the respondents (97.1%) bullied others at some point of time, most common form was verbal bullying (95.5%) and majority of them (97.9%) also reported that they were victims of bullying and were mainly subjected to verbal victimization (93.3%).

Social bullying also described as relational bullying and is often rare to identify and can be carried out behind the bullied person's back. It is planned to damage someone's social reputation and cause humiliation. It consist of lying and spreading rumours, negative facial or physical gestures, menacing or contemptuous looks, playing nasty jokes to embarrass and humiliate, mimicking unkindly, damaging someone's social reputation. The national survey also indicated differences in prevalence of social bullying across gender groups and grade levels. Higher rates of social bullying victimization were found in females than male students, whereas 20 percent of females experiencing isolation by peers, compared with 13 percent of males. Likewise, it was also revealed that female students (6%) were being the subjects of rumor spreading, than males (4%). Across grade levels, the highest occurrence of bullying of any form (39%) and social bullying were found in ninth-grade students (17%) and 12th-grade students (13%) (Nieman,

2011) [6]. Saini (2018) [12] found that majority of children (67.48%) from both rural and urban areas were belonged to mild category of bullying victimization-fighting, followed by moderated (11.78%) and severe category of bullying victimization-fighting (4.11%). Venugopal (2008) [14] indicated that in north India more than half of boys in the age range of 14-18 felt that bullying was present on campus, while the percentage was higher among girls 65.09%. Factors Associated with Social Bullying- Age, Personal attitude, Peer attitude and behavior, Parenting styles, Parental role model, School climate etc.

Physical bullying involves hurting a person's body or possessions. It includes: Hitting, kicking, tripping, pinching and pushing, making mean or rude hand gestures or fighting, and intentionally destroying someone's property. Physical bullying causes both short term and long term damage. It is rarely the first form of bullying that a target will experience. In physical bullying the main weapon the bully uses is his/her body when attacking his/her target. Sometimes groups of young adults will target and alienate a peer because of some adolescent prejudice. This can quickly lead to a situation where they are being taunted, tortured, and "beaten up" by their classmates. Physical bullying will often escalate over time, and can lead to a detrimental ending, and therefore many try to stop it quickly to prevent any further escalation. Kshirsagar *et al*. (2007) [3] reported that physical hurt due to bullying reported by 16% students and in rural India 31% of school students reported being bullied and children who were bullied reported to prefer to stay alone, felt sad, had sleep disturbance and school absenteeism. Malik and Mehta (2016) [5] found that it was only the boys who engaged in physical bullying and expressing anger more explicitly than girls.

Cyber-bullying defined by The Cyber Bullying Research Centre as Intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices. It can be known or unknown bullying actions through digital technologies including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. It can happen at any time, in public or in private and sometimes only known to the target and the person bullying. It include abusive or hurtful texts, emails or posts, images or videos, deliberately excluding others online, , imitating others online or using their log-in, nasty gossip or rumors. Rana *et al*. (2020) [9] indicated that the prevalence of cyber-bullying was 2.7% and boys (31.5%) were significantly more involved in any form of bullying as compared with girls (16.3%).

Causes of bullying: Stress and Trauma, Environmental factors, Low self-esteem, Lack of compassion and empathy, Peer groups, Craving attention, The Bullied becomes the Bully, Gender Norms.

Adolescents who are Bullied: Adolescents who are bullied can experience negative physical, social, emotional, academic, and mental health issues. Adolescents who are bullied are more likely to experience: Depression, Anxiety, Health complaints, Low academic achievement. Bullied children were more likely to report symptoms such as headache, loose motions, fever and depression. Teachers were found to be ignorant of the whole issue (Ramya and Kulkarni, 2011) [8].

Generally, adolescents who are bullied have one or more of the following risk factors: Are perceived as different from

their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what children consider "cool", are perceived as weak or unable to defend themselves, are depressed, anxious, or have low self esteem, are less popular than others and have few friends, do not get along well with others, seen as annoying or provoking, or antagonize others for attention.

Adolescents who bully others: Adolescents who bully others can also engage in violent and other risky behaviors into adulthood. Adolescents who bully others are more likely to: Abuse alcohol and other drugs in adolescence and as adults, get into fights, destroy property and drop out of school, engage in early sexual activity, have criminal convictions and traffic citations as adults, be abusive toward their romantic partners, spouses, or children as adults.

Signs of Adolescents who Bully Others
Adolescents may be bullying others if they: Get into physical or verbal fights, have friends who bully others, are increasingly aggressive, get sent to the principal's office or to detention frequently, have unexplained extra money or new belongings, blame others for their problems, don't accept responsibility for their actions, are competitive and worry about their reputation or popularity.

Consequences of bullying: Malhi *et al.* (2014) [4] found that the overall occurrence of any form of bullying action was 53 %. 19.2 percentage of the children were victims of bullying. Boys were more likely to be bully-victims and girls were more likely to be victims and had a higher risk for conduct problems and hyperactivity and were the most likely to have academic difficulties. Saini and Balda (2019) [13] revealed that sexual harassment and deliberate exclusion (67.50%) were rarely observed in schools; majority of teachers reported that forty per cent mentioned that name-calling is noticed occasionally. Equal percentage of teachers mentioned that physical bullying and cruel teasing was fairly often seen in schools.

Counselling: Victims of bullying may find a supportive and safe environment to address their feelings in counseling or therapy. Therapy can help victims of bullying notice, share, and process painful feelings, which left unattended can negatively impact one's personal well-being. A trained therapist can help a person better understand how this role of victim impacts their lives, as well as teach coping skills for moving forward, such as assertive communication and boundary-setting. Some victims of bullying benefit from support groups or group therapy. Children who are victims of bullying in school may find it helpful to talk to their school counselor. The school counselor may be able to act as an advocate for them at school, check on their mental well-being, and boost their self-esteem.

Counseling interventions that support victims of bullying
- By managing complex emotions of anger, guilt, anxiety, sadness or shame.
- By enhancing self-esteem.
- By addressing mental health conditions including mood, sleep and eating disturbances, impulsive behaviors.
- By access group therapy sessions to expand social networks and receiving solace from other victims of bullying.

- By connecting with innovative and therapeutic ideas like meditation, yoga, expressive arts as therapy, equine therapy (treatment to promote physical, emotional growth suffering from depression, anxiety, behavioral issues etc.)

Strategies for Adolescents
- Victims should inform adults about incidences of bullying in home and schools.
- It is important that they learn appropriate social skills and should develop positive relationships with peers so that they are positively evaluated by peers.
- Social skills develop social competence and problem solving skill. Socially competent are less likely to bully and victimized.
- Make friends who are easy to get along with and those who respect rights of others and those who take stand for what is right.
- Develop interpersonal problem solving skills, decision making skills and consequential thinking. These skills would help them in coping with victimization.

Strategies for Teachers
- The most important for teachers is to pay attention to incidences of bullying in schools at various places.
- Create awareness among students about different forms of bullying and ways to prevent it.
- Have open communications with students so that students get chance to talk about school related problems.
- Organize social skills training and brain storming sessions for students.
- Report severe incidences of bullying to school authorities and refer cases to counsellors.

Strategies for Parents
- Parents should also pay attention to warning signs of bullying and bring that in notice of school authorities to teachers.
- Take feedback from their children about their daily activities and events at school. They should also talk about their classmates and friends.
- Create awareness about bullying and victimization and their consequences. They should teach children how to handle bullying.
- Encourage them to involve in yoga, meditation and physical exercise resulting in self-calming
- Make their children resilient so that they become efficient to recover quickly from difficulties. Parents should teach assertive strategies for coping with bullying at school and home.

Conclusion
- Bullying has always been considered an underrated matter to be taken seriously.
- Effects of bullying can vary from person to person, it can depress some of the victims and some may have the capacity to ignore such things, as it also depends upon the level of maturity in them.
- To protect the interests of the adolescents facing this, it is very important for their parents to take care of their behavioural changes as well as the actions to be taken by them to avoid any bigger consequence on their children.
- Due to the lack of specific laws for both, bullying and cyber-bullying, the incidents of them are increasing day

by day and with evolving technology, sometimes it is difficult to track and locate even any trace of it.

- As it is important for the parents to supervise their children, it is also important for the government to work for a separate legislation for these incidents.

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