

A Review on the Impact of Bullying in Schools

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Abstract: School bullying is a social malpractice that has a great impact on the physical and mental health of young people in the current society, and its consequences can even affect the daily life of individuals in the society for a very long time as well as the problem of building the society. Against this background, this study aims to investigate how to reduce the incidence of bullying in schools and how to improve the mental health of young people as a result of bullying in schools. Most of the previous research on bullying in schools has been cross-sectional data on the harm caused by bullying in schools over a period of several years, but it has not been possible to distinguish the difference between psychological harm such as cold violence and isolation and direct physical harm such as beatings. Therefore, a comparative approach was used to visualize the difference between the two types of injuries by comparing different articles and studies. This study better reflects the different harms of bullying in different situations and the different aspects of its impact on adolescents, and allows for better treatment of the different harms suffered by adolescents, thus reducing the harms caused by bullying in schools more quickly and effectively.

Keywords: School bullying, the harms by bullying, psychological harm, physical harm

1. Introduction

School bullying is a widespread and complex social problem with significant social, psychological and educational implications. School bullying is primarily defined as aggressive behavior that harms others and occurs repeatedly in the school environment. School bullying can take many forms, including physical assault, verbal abuse, social ostracism, and cyber harassment, and is not limited to behaviors such as assault in the traditional sense. The broader context of school bullying includes why it happens, what happens, how often it happens, and what to do about it and how to prevent it.

School bullying often occurs around each of us, seriously affecting the physical and mental health of young people, the study of this topic is to better recognize what is school bullying, the impact of school bullying and how to effectively stop school bullying, when faced with school bullying how others should help the students who need help.

The definition of school bullying is a recurring aggressive behavior aimed at hurting, intimidating, etc. people who are perceived to be vulnerable. In the past, the importance of bullying in schools has not been appreciated accordingly, and bullying has mostly been regarded as a joke, with little recognition of its far-reaching effects on the victims [1].

The importance of studying bullying in schools can be seen in many ways, for young people bullying affects their physical and mental health, their academic performance and their social skills,

each of which has a very serious impact on individuals in society. For schools, bullying affects the overall culture of the school and is detrimental to the development of the school, thus affecting the learning atmosphere of the school. Thus, it is also known that a positive psychosocial climate plays an important role in the prevention of their bullying and can also achieve optimization [2].

At the macro level of society, social values are slowly changing, raising awareness of the dangers of bullying and creating a collective realization of the negative impact of bullying on individuals and communities.

On this topic, most of the previous studies pay more attention to the physical damage caused by direct violence, ignoring the isolation, cold violence also belongs to a kind of school bullying, this way of bullying is more difficult to find out, by this kind of damage to the teenagers psychologically bear the pressure is more serious, because there will still be a lot of parents and teachers will be to let the students themselves to find out more from their own body to find out the relevant reasons to face the reasons why other students collectively isolate someone. However, in this study, the comparative research method was used, and the experimental method of cross-sectional study was not set up directly, which would have made it difficult to present more intuitive data to support the study. But by comparing various different dissertation studies, a more comprehensive summary can be made to understand the harm caused by bullying in schools. This topic was researched so that better attention could be paid to adolescent mental health issues and to help adolescents better navigate their teenage years.

For the individual, this research could address the psychological problems of the victims.

For society, the study could lead to greater regulation of its abusive behavior. The risk of suicidal ideation and suicidal behavior is significantly higher for students involved in school bullying, especially victim abusers and female students, compared to students not involved in school bullying [3].

This study in Impact of Education highlights the importance of creating a positive and inclusive school climate.

The consequences for the perpetrator and the responsibility of the school to intervene are taken into account at the legal level. Research has shown that in European countries, although a few countries have specific legal requirements, most countries have produced anti-bullying materials on bullying behavior, which have a preventive effect on bullying in schools [4].

2. School Bulling

2.1. Definition of School Bulling

School bullying, which can also be called school violence, is derived from the English word bullying and was first used in Taiwan, China. It is a type of aggressive behavior with obvious intent. School bullying takes the school environment as the background, and the two parties of bullying are mainly groups of students, which also includes bullying behaviors occurring between teachers and students. Bullying behavior is actually a kind of group abuse, which is manifested in the behavior of a group of people attacking and bullying a student or a certain number of students for a prolonged period of time with intent, and there is a repetitive and prolonged period of time for this behavior, which essentially belongs to the juvenile delinquency crime of bullying in various forms in the schoolyard [5].

In school bullying, the personality traits of the individuals on both sides are modeled accordingly. Individuals on the abusive side have similar characteristics, including aggressiveness and impulsivity, a highly sought-after attitude toward violence, a lack of empathy for others, and a tendency to be self-centered or, in some cases, to use violence as a means of showing off their abilities. As for the

victimized party of school bullying, these model individuals tend to be passive, weak, and anxious as their main personality traits [6].

2.2. Classification and Characteristics of School Bullying

There are several types of school bullying, such as physical bullying, which is characterized by an attack or injury involving the body, this includes hitting, kicking, tripping, spitting or any other physical contact that causes injury or discomfort.

Verbal bullying, which is the use of words to hurt, threaten or manipulate another person, either directly by name-calling or indirectly by spreading rumors etc.

Social bullying, which focuses on disrupting relationships, is usually more subtle and difficult to detect by teachers and parents, such as isolation, gossiping, and spreading rumours on the sly. The questionnaire shows that name-calling is the most common form of bullying, and that indirect bullying such as social isolation and spreading malicious rumours is at least as bad as physical bullying, but there are fewer options available to deal with this kind of indirect harm in the face of bullying in schools, and more attention should be paid to this behaviour in the future [7].

Nowadays there will also be more and more sexual bullying taking place in school life, this is defined as unwanted sexual comments, gestures or gestures, touching against will, sexual harassment.

Studies have shown that peer sexual harassment is an often-overlooked problem for boys and girls in educational settings, with nearly four out of five adolescents being the target of sexual harassment by their peers, so this is also an extremely serious problem, and there will be more relevant laws to constrain the appropriate people [8].

3. Specific Effects of Bullying in Schools

3.1. Physical Damage

School bullying causes physical damage and psychological damage.

Physical damage is the more intuitive damage to the body, while psychological damage is not easy to detect, including cold violence, verbal abuse and so on.

For physical effects, the study used a cross-sectional study of nearly 2,000 students in more than 30 schools. According to the data, the correlation between direct bullies and health problems among elementary school students was very low, and health professionals indicated that recurring sore throats, colds, nausea, and respiratory problems among children should be considered contributing factors to bullying [9].

More intuitively, the physical injuries caused by school bullying will be directly visible such as bruises and contusions caused by beatings, etc., which are serious enough to directly affect the life, health and safety of the victim.

After a study found that bullying teens are more likely to bring weapons to school to engage in serious and violent bullying behaviour. Researchers say that homicide perpetrators are more than twice as likely to be bullied by their peers as homicide victims. The data for this study was taken from the HBSC Self-Report Questionnaire, which showed that more students were subjected to violence-related bullying behaviour at school than were subjected to bullying outside of school. A consistent and strong relationship between bullying and involvement in violent behaviour was observed in this study [10].

3.2. The Psychological Impact of School Bullying on Adolescents

Damage to self-worth: Prolonged bullying can affect a young person's sense of self-worth. Taunting, social exclusion or cyber harassment can leave adolescents feeling low self-esteem and worthless,

and with a general perception of being intrinsically flawed. The current study demonstrates a longitudinal correlation between adolescents' bullying behaviour, victimisation and low self-esteem. The experiment used an autoregressive cross-lagged model collected from more than 3,000 Korean middle school students gave that victims' low self-esteem was related to subsequent victimisation. [11].

Bullying often leads to social isolation, as victims may have difficulty interacting with peers to avoid further victimisation. The resulting alienation can exacerbate feelings of loneliness and rejection, further undermining a young person's self-esteem. Perceiving oneself as socially undesirable or different may lead to a negative self-image. Psychological stress.

The prolonged threat of bullying can cause teens to feel stressed, anxious and depressed. These psychological consequences can create a harmful cycle that further damages self-esteem. The emotional toll of bullying can prevent teens from focusing on personal growth and positive self-perceptions. School bullying can also have a serious impact on an individual's mental state and can lead to psychiatric disorders, and research has shown that bullying is a causative factor in causing psychiatric disorders. A prospective cohort study conducted by Dr Young Shin Kim in two secondary schools in South Korea found that psychotic behaviour was a consequence of school bullying, not a cause of school bullying. The problem was exacerbated by the fact that the victimised adolescents had difficulty adapting to social interaction opportunities due to isolation from their peers. This reinforces the seriousness of adolescents' exposure to school bullying, which calls for more attention to related issues [12].

3.3. Impact of School Bullying on Academics

While the academic pressure on students is already a very high pressure put on every student, bullying in schools can bring more and more immense psychological pressure on the victim, leading to anxiety, depression and a serious decline in the student's sense of self-worth. These negative emotions can severely hinder a student's ability to learn effectively. Students who are victims of bullying are more likely to have difficulty concentrating in the classroom, which can lead to a serious decline in academic engagement and a decrease in student academic performance [13].

4. Suggestion for Dealing with Related Issues

4.1. School Handling

Schools are the main place where school bullying occurs, so it is said that schools play a very important role in this vicious incident, and schools should formulate appropriate school rules to prevent or punish the appropriate abusive students. Schools should also hold regular counselling sessions to take care of the students' mental health problems and to better deal with bullying in schools.

4.2. Family Handling

In the family life, parents should try their best to do a good job in the ideological education of each student, to reduce the generation of school bullying, if there are found to be students involved in violence should be stopped in time or reported to the school, for the victims of the student, parents should pay more attention to the student's physical and mental health problems, once found that there are physical injuries or psychological problems also need to be timely counselling and report to the school to stop the problem of bullying in the school in a timely manner.

4.3. Student Handling

Problems encountered by students in their academic life can be resolved amicably through negotiation, and those that cannot be resolved should be brought to the attention of their teachers or parents. Victims should be more courageous and dare to fight for their rights and interests by seeking help from various teachers or family members. As students who are not in the situation of school bullying, they should not be on the sidelines, and they should help the victims to reduce the occurrence of school bullying.

5. Conclusion

School bullying has been a very common and vicious incident in school life, which can seriously affect the physical and mental health problems of students. Failure to pay attention to the problems during the teenage years can also have quite serious effects on this social individual and can even affect the entire course of that person's life. This is all the reasons why every individual in the society should take school bullying seriously. During the teenage period, each of individuals should pay more attention to their academic life and enjoy their teenage period, but school bullying seriously harms the teenagers' mental and physical health problems, and in serious cases, they can directly give up their lives or even lose their lives by violence, which is a very serious and terrible thing. Therefore, individuals should pay more attention to it, and schools and families should actively participate in preventing and stopping bullying in schools, so as to effectively reduce the occurrence of bullying in schools, and the process of counselling the victims after the occurrence of bullying in schools, so that the victims can more quickly reduce the psychological pressure, and to reduce the harms caused by bullying in schools.

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