



Psychological Effect of Bullying on Victimised Adolescent

Mohammad Zaid Hasan, *Integrated BA-MA (Clinical Psychology), Amity Institute of Psychology & Allied Sciences Amity University, Noida, India*

m.zaid252@gmail.com

Abstract: This research examines the psychological impact of bullying on victimised teenagers, with consideration of emotional, cognitive, and behavioural changes. Bullying in adolescence, an identity-forming period, can have lasting outcomes including anxiety, depression, poor self-esteem, and social withdrawal. In a review of literature and case data analysis, the research identifies the internalised anguish and compromised psychological health of bullied teenagers. The report also emphasizes the significance of early intervention, supportive settings, and mental health care in reducing the effects of bullying.

Keywords: *Bullying, Adolescents, Psychological effects, Victimization, Mental health, Depression, Anxiety, Self-esteem.*

1. Introduction

Bullying is when someone or a group with more power or strength or social standing picks an individual again and again to make a gesture that is mean or hurtful to them, Bullying victimization, a feeling of pride for one and the feeling of disguise for the another, it is a feeling that kills a person from inside and it keeps doing it work again and again which feels like an eternity being bullied is like drowning in water with a lifeboat, maybe you know how to use it but you still cannot use it you just keeps drowning and drowning, it like being at a war with yourself and after a point you become your own enemy you start questioning yourself that why am I not enough, why I don't have enough power, why is it me it starts eating you alive you want to cry for help and you do but no one here, maybe they do listen to you but nobody hears. The worst thing about being bullied is you really cannot tell it to someone that how you feel because the victim get this feeling that if they talk about it the others going to talk about it behind their back. Bullying is a very common habit across the world and anyone from any age

or background can feel it and bullying can take place anywhere be it home, school, college, workplace even on roads. Approximately 13 million people are bullied each year and 1 out of 5 students reported being bullied in school, what exactly cause bullying?

Causes of Bullying Victimization:

There is no Specific reason for being bullied as the fault is of the one bullying others but there can be several possibilities which may make a person an easy target for bullying victimization.

SMART- students who are acceptable at what they do have easy chance of being bullied because toppers will be getting attention from their friends and adults which affects the bully.

VULNERABLE – introverts, agreeable, or with psychological issues are more likely to be bullied than the ones who are outgoing and emphatic

SEPARATED- having less companions at school or college can make one an easy target for the bully

MAINSTREAM- here and there the bullies target famous adolescents because they see them as a threat to them

UNMISTIKABLE LOOKS- Any sort of different or extraordinary feature can pull in the consideration of bullies. They will pick it and start making fun

SICKNESS OR DISABILITY- bullies often target uncommon kids, someone with a skin problem or psychological disorder or physical sickness.

DIFFERENT SEXUALITY- Most people get bullied for having different sexual preference and this can be lead to some serious disdain wrongdoing,

OTHER RELIGION- it is not extraordinary for youngsters to be harassed for their beliefs.

DIFFERENT CASTE OR RACE- the majority of a certain caste or race can bully the Minor.

ACTUALLY ANYONE.

These were some major possibilities which can lead to bullying victimization but the bullying is not only just making fun of someone or saying them foul words in face but it comes with some types as well.

Types of bullying:

Physical Tormenting- this includes hitting, stumbling, squeezing, pushing the victim to make them feel low this can cause short or long haul harm.

Verbal Tormenting- this is when someone starts calling someone with inappropriate names and words in front of everyone based on their looks, preference or beliefs.

Social Harassing- it is one of the most dangerous as the bullies can be hidden and can socially spread rumours about the target which can affect their social status.

Cyber Bullying- can be done using gadgets and social sites and it is of the easiest and deadliest way to torment someone. This can affect the victim on a very large scale.

Racist Bullying- happens to someone with different culture belief through racial slurs, offensive gesture, etc.

These are some major forms of bullying but some various types can also come under them such as Direct and Indirect bullying, emotional bullying, sexual bullying, emotional bullying and all the types of bullying can affect the victim in various forms some can be short term or some can be long term there can be a lot of signs that one is being bullied

Signs of being bullied

- bumps and bruises are an obvious sign
- showing illness or making reasons to avoid school
- missing in stuff and money
- having sleep problems
- wetting the bed
- become easily irritated
- having low concentration
- problem doing schoolwork
- problems in forming relationship and adults
- substance abuse
- anxiety, depression
- Suicidal thoughts.

2. Historical Development

Bullying has been an issue since the early age, different people from different age, sex and culture have faced bully even the Anti-bully movement in 1999 started after a homicide where 2 boys killed 15 people and then turned the guns on themselves and after that everyone, teachers, students, parents health professionals united to stop this type of thing to happen again by putting some anti-ragging policies and starting the anti-bully movement. During the early age the victim never had the courage to speak-up his thoughts and the feeling because the society wasn't that supportive and understanding and as there were not many resources the victim used to blame him/herself for not being like others or not being on their level. And that

time the adolescents who were bullied saw suicide or killing their bullies as the only option, we can see it with the example of 1999 homicide or in 1989 the suicide of Ryan halligan because of being bullied by his schoolmates, even Phoebe Prince committed suicide because of bullying at school, these were some famous early suicide scenes which were captured, as the victims couldn't think of any better way to get out of their misery. The word Bully itself has been through a lot of development as in 6th century it was used as Friend then around in 18-19th century the word bully was used to describe something good, in 1970 Dan Olweus chose the word Bully to describe the hatred among the people in his research .After that gradually the people started to think about the seriousness of Bullying and how does it affects the life of the victim, Now there are still a lot of cases of bullying victimization but those doesn't lead to any worst scenario though the victims still choose suicide as an option but some have started opening up about their feeling and going for therapies for the same.ve communication among the family members and the patient.

3. Theoretical Background

Bulling has been a social dynamic since forever that can be perceived by utilizing different theories

Social capital theory: James Coleman and Bourdieu proposed that people with more prominent social capital might bound to be dynamic, pro-social spectators in being bullied, a pro-social observation was conducted among 299 understudies, a positive connection was seen between friendly capital and pro-social spectator conduct.

Social Dominance theory: Alan Goodboy, Matthew Martin, utilized an informative evaluation of bullying in secondary schools, 189 undergrads finished a survey regarding their tormenting, and their present inclination to acknowledge social hierarchy, social dominance was corresponded decidedly with each of the four kinds of tormenting, hence this single variable will be incorporated while tending to the mental underpinning of harassing behaviours

Theory of Humiliation: Dr Elvin Lindner worked on this theory for four years saying that humiliation is a source of human development and being bullied is a type of humiliation and the oppress casualties brings about serious embarrassment that has enduring adverse consequences on victims, like depression and misery.

These were some major theories which proved about how bullying victimization affects the whole life of an individual.

4. Research Evidence

Luk J. Wang J. Morton J., (2010), to study how being bullied leads to substance use among adolescents, and tried the interceding job of melancholy in male and female youths, cross sectional information was gathered of 1495 students, substance abuse, depression and being bullied were estimated as idle factors, it was seen that being bullied was connected to substance use in both the genders, in girls depression was emphatically connected with both being bullied and substance use but in boys the victimization was connected with depression and not substance use.

Turner M. Exum M. Brame R. Holt T. (2012), to see the general and typical impact of bullying victimization and emotional health of adolescent, as the casualties of bullying are defenceless to an assortment of impeding outcomes, it is hazy but bullying victimization relate to 2 psychological issues which can be depression and suicide intentions, 1874 teenagers were analysed who have been bullied, surveyed that whether any bullying victimization or type were related with depression and suicide plans it was also analysed across sexual orientation, the rates changed across the three sorts of harassing, females and males who were verbally harassed experienced high paces of depression than who never been bullied, the level of depression was higher in the ladies who have been bullied online than the gents, no critical sex contrasts in self-harm ideation arose across people who encountered any sort of bullying.

Malhi P. Bharti B. Sidhu M. (2014), analysing the predominance of being bullied at school and to examine behavioural, emotional and financial relationship among Indian school students, self-reports were gathered, four gatherings were recognized harassers, casualties, who have been bullied and the non-included ones, the self-idea of youngsters was estimated by Indian transformation of CSCS and enthusiastic and behavioural troubles by the youth self-report proportion of the strength and difficulties questionnaire, it was seen that general pervasiveness of any sort of tormenting conduct was 53% young men were mainly victims of bullying (27%) and young ladies were casualties(21%) victims had least self-idea scores, ones who have been bullied had a higher danger of conduct issue and hyperactivity and were destined to have scholarly troubles, bullies had moderately better school evaluations and high confidence,

Gini G. Pozzo;I T. Lenzi M. Vieno A. (2014), A systematic review on how being bullied is related with headache and an assortment of negative outcomes including substantial issues, a deliberate writing search was directed, 20 examinations were studied consisting 173775 members, it was seen that bullied victims have an essentially higher danger of headache than ones who haven't been bullied in the cross sectional contemplates, the extent of impact size

altogether diminished with the expansion of the extent of female members in the investigation test, hence it was observed that being bullied positively affects having headaches.

Malhi P. Bharti B. Sidhu M. (2014), To investigate the pervasiveness of physical and social exploitation and its connection with self-detailed depressive symptoms, 376 youths were chose as an example from classes ninth and twelfth, three sorts were compared who were bullied physically, one who were bullied socially and the ones who were never bullied, it was seen that one fourth of the all students were being bullied, 8% of participants accounted physical harassment, 12% accounted social and 4% announced being survivors of both the cases, men were more bullied physically while the females were socially, survivors of social animosity had moderately higher depression scores, physically harassed announced more companion issues.

Werf C., (2014), To study how bullying affects academic in the long term and short term, the researchers chose students from class 9th to examine the degree of bullying through their answers in sober test, the outcomes showed that bullying affects the singular scholastic performance in both long and short term, they said that by diminishing the quantity of tormenting episodes by one standard deviation it is conceivable to improve long term scholarly performance, hence, it was seen that bullying affect student's academics.

Alavi N. Roberts N. Sutton C.(2015), to analyse the commonness of being bullied among youth who have been referred for critical mental counsel, see the relationship between being bullied and suicide intentions and the connection between varies source of bullying and suicidality, Review diagram was directed for all teenagers alluded to a clinical psychologist, and the data was analysed for the youth who have been bullied, chi-square test were utilized for sex, self-harm ideation, etc., the commonness of being bullied was 48% and was a huge relation between being harassed and suicide ideations, survivors of cyber bullying had more self-harm intentions than the ones who faced verbal and physical bullying.

Evans B. Adler A. Cate J.(2016), to investigate the pervasiveness of harassing in sport, and analysed whether being bullied was related with insights about associations with friends and mentors, a survey was completed by the team members evaluating how regularly they executed or were defrauded by bullying, and also their associations with their mentor and team member, It was seen that harassment was less common in sports than school, and happened at a moderately low recurrence in general, the ones who have been bullied showed a more vulnerable connection with their teammates and the bullies had only more fragile mentor connections.

Quejla I. Moya I. Moreno C. (2017), to analyse the patterns of bullying victimization in Spanish youth in a delegate test, Noticed bullying via bully/victim question are by olwes to recognize the revealed harassment, measure was created from the appropriate responses that the youth provided for the bullying, a stability in the reported bullying and an expansion in noticing bullying, it was concluded that a legitimate, dependable and exact measure to identify instances of bullying is vital.

5. Discussion

Bullying is an offensive act which takes place every here and there and nobody actually understands the depth of bullying victimization, bullying does not only affects the victims but it also affects the one who does and even it affects the people who just encounter the scenario, almost everyone has encountered bullying once in their life, there is no such specific reason why someone gets bullied, anyone can be bullied someone who is too nerdy, someone who is Unique, doesn't have enough social status, having different interest anything can lead to bullying victimization, Bullying can lead to various side effects which can be long term and short term as well, but in major cases it was seen that the victims of bullying lead to the substance abuse, some developed major psychological problems such as alexithymia, somatic complaints, depression or anxiety or even PTSD, and at the worst scenario the victims becomes the bully after a time as they see it a way to let out their rage which was inside them also the people who have been bullied had higher rates of developing suicidal thoughts, and have the high rate of suicide as well, but we don't understand that not every child wants to kill themselves but the victims generally doesn't see any other option, as it can actually affect one's willingness to explore different types of social relationships and can affect their relationships with their parents and teachers, the victim start to avoid social gatherings and meetings, they start to make excuses to avoid school or situations that trigger them, the victims blame them for everything they face and becomes their own enemy, the idea of being bullied keeps hurting them even in the safest zones they keep fighting an unending battle with themselves the victims gets into other addiction such as substance abuse or alcohol consumption to numb their pain and feelings but the substance abuse can even heighten the emotion as it can anytime backfire or if the victim never gets the substance on time they may relapse and can even do self-harm because self-harm is a very common symptom for the people who have been bullied because they start to hate themselves they forget about the self-love, whenever they look in the mirror all they see is a loser.

In such situation the society is supposed to help them, teach them to solve their social problems by themselves, the peers and teachers should help them grow self-confidence and self-esteem, and most importantly telling the victims to use the social aggression as a major opportunity for self-growth, and making them understand that no-one is perfect everyone has flaws and there is no harm in being unique or not powerful. Instead of making them feel a victim or telling them that a proper action will be taken against the bully the society and counsellors should help them understanding their self-worth and making them more confident because the victim knows deep down if the action will be taken against the bullies then there is a chance that they can harm the victim even more if they find them alone in silent area that is why most of the victims doesn't open up and speak about their issue openly.

6. Conclusion

From the studies I conducted that bullying victimization is very common and leaves a permanent scar on the psychological health of an individual, but the awareness in the society can decrease the discomfort for the victims if the people start to tell them that it is okay to be different and people will understand the importance of this topic if they try to put them in victims shoe and offer them a better opportunity to speak and use that discrimination to build them.

References

- Alvi N., Roberts N., Sutton C., (2015), Bullying Victimization (Being Bullied) among Adolescents Referred for Urgent Psychiatric Consultation: Prevalence and Association with Suicidality, the Canadian journal of psychiatry,60,427-431, <https://doi.org/10.1177/070674371506001003>
- Arhin D., Astane K., et.al.,(2019) The relationship between psychological distress and bullying victimisation among school-going adolescents in Ghana: a cross-sectional study. BMC Res Notes,12, 264 , <https://doi.org/10.1186/s13104-019-4300-6>
- Gini G., Pozzoli T., Lenzi M., et.al.,(2014), Bullying Victimization at School and Headache: A Meta-Analysis of Observational Studies,journal head and face pain, <https://doi.org/10.1111/head.12344>
- Koyanagi A., Veronese N., et.al.,(2019), Association of bullying victimization with overweight and obesity among adolescents from 41 low- and middle-income countries, wiley online library,15,e12571<https://doi.org/10.1111/jipo.12571>

- Luk, J., Wang J., et.al.,(2010), Bullying Victimization and Substance Use Among U.S. Adolescents: Mediation by Depression. *Prev Sci*,11, 355–359, <https://doi.org/10.1007/s11121-010-0179-0>
- Malhi P., Bharti B., Sidhu M.,(2014) Aggression in Schools: Psychosocial Outcomes of Bullying Among Indian Adolescents. *Indian J Pediatr* 81, 1171–1176, <https://doi.org/10.1007/s12098-014-1378-7>
- Malhi P., Bharti B., Sidhu M.,(2014), Peer Victimization Among Adolescents: Relational and Physical Aggression in Indian Schools. *Psychol Stud* 60, 77–83, <https://doi.org/10.1007/s12646-014-0283-5>
- Prino L., Fabris M., et.al.,(2019) Effects of Bullying Victimization on Internalizing and Externalizing Symptoms: The Mediating Role of Alexithymia. *J Child Fam Stud*,28, 2586–2593 <https://doi.org/10.1007/s10826-019-01484-8>
- Quelja I., Moya I., et.al., (2017) Trend Analysis of Bullying Victimization Prevalence in Spanish Adolescent Youth at School, Wiley online library, 87, 457-464, <https://doi.org/10.1111/josh.12513>
- Ranjith J., jayakumari C., Kishore M., et.al.,(2019), Association between bullying, peer victimization and mental health problems among adolescents in Bengaluru, India, *Indian J Soc Psychiatry* 2019;35:207-12, <https://www.indjsp.org/text.asp?2019/35/3/207/268341>
- Rosa R., hermoso A.,et.al.,(2020), Lifestyle behaviors predict adolescents bullying victimization in low and middle-income countries,journal of affective disorders,273,364-374,<https://doi.org/10.1016/j.jad.2020.04.065>
- Shongwe M., Dlamini L., et.al.,(2021) Are there Gender Differences in the Prevalence and Correlates of Bullying Victimization Among in-School Youth in Eswatini?. *School Mental Health*, <https://doi.org/10.1007/s12310-021-09416-y>
- Turner M., Exum M., et.al.,(2013) Bullying victimization and adolescent mental health: General and typological effects across sex, *journal of Criminal justice*, 41,53-59, <https://doi.org/10.1016/j.jcrimjus.2012.12.005>
- Werf C.,(2014) the effects of bullying on academic achievement, *Revista Desarrollo y Sociedad*,74, 275-308, <https://doi.org/10.13043/dys.74.6>
- Zhang A., Luca S., et.al.,(2019), The moderating effect of gender on the relationship between bullying victimization and adolescents' self-rated health: An exploratory study using the Fragile Families and Wellbeing Study, *children and youth services review*,96,155-162, <https://doi.org/10.1016/j.childyouth.2018.11.046>