NAME: LANGVELDT SYDNEY BEN.

STUDENT ID. NO: UD78169HED87380.

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 LECTURER: Amiakhor Ejaeta

 Introduction

Bullying has long been tolerated as a right of passing among children and adolescence. There is an implication that individuals who are bullied must have asked for this type of treatment as they deserve it.

The bullied child was further oppressed into voicing his situation by the old adage. ‘Sticks and stones may break my bones but words will never hurt’. Also in this day and age of technology there is cyber bullying. This is done, through the internet or social media.

Bullying in schools needs to be addressed more openly and with purpose to identify and to try to find ways to prevent it happening, at the same time ‘protecting’, the victim and the bully. By protecting, it is to give support and counselling to both, to help them, recover from the inevitable psychological damage, of bullying.

Definition of Bullying. The act of intimidating a weaker person to make them do something. Frightening one nosily domineering or tending to browbeat other discourage or frighten with threats or a domineering manner.

Bullying is a serious problem in today’s society. It affects learners, parents and facilitators and the community at large.

Bullying can be physical or verbal, it can happen face to face –online or behind one’s back through gossip.

Cyberbullying is the use of electronic communication to harass, threaten or humiliate someone. This could include sending mean texts or emails. Posting harmful messages on social media sites or spreading rumors’ on line.

Regardless of where bullying takes place, the effects are devastating for everyone involved; victims, bullies and bystanders. Lucky there are many things that you can do to help stop your child from bullying others.

Bullying is a form of aggression that can be unintended or intentional e.g. punching, shoving, shouting, name calling, cyberbullying, social media posting, and exclusion. Bullying can have a lasting effect on the victim, from childhood to adulthood. If a child is a bully, he is causing great damage to other children. When it is brought to the attention of a parent that a child is a bully or is being bullied, communicating with your child is a must-as quickly as possible. Give them time to express their feelings, emotions or thoughts without judgement. AIFS. Webinar Wednesday Aifs.gov.au-10 August Webinar. (This webinar discusses the effects bullying has on children, it says in part.) Childhood bullying is a complex social issue and our understanding of bullying dynamics has evolved over time. Bullying has significant psychological, physical and socio-economic consequences for children as well as the wider community and these effects can be observed well into adulthood if there is little or no intervention. Childhood bullying has long been considered an issue for the education system. However more recently, child hood bullying has been regarded as a public health concern that needs to be addressed by multiple system including primary health care and social services.

 Types of bullying vary, while some bullying is physical and easy to recognize, bullying can also occur quietly and covertly through gossip or on a smart phone or internet. Causing emotional damage is such cases of bullying still relies on a power dynamic that places on peer over the other.

The main aspect of bullying is that it has a real emotional and psychological impact. Depending it may, hurt, humiliate, expose, or otherwise harm. At times it crosses the line into harassment. Some definitions overall state that in order for behaviors to quality as bullying it must intent to harm their target.

Where are when does Bullying occur. On a dusty path way, or under the cover of an overgrown path, going home.( In Zimbabwe majority of the learners walk to and from school through the bush and plantations.), playground, bus, dining area, classroom, and toilets bathrooms. Bullying can happen any time when this ‘opportunist’, wants to pounce. At times even a glare with a’ talking eye’. Which strongly suggests ones intention, ‘You Had Better Watch Out’.Who gets bullied? All categories of learners, are affected. But those who get bullied have a similar characteristic –personality that tend toward caution and shyness, introversion, low self-confidence, unhappiness and anxiety-------

 These are the target group for bullies. Bullies share almost the same characteristics that are often mean, confrontational, and aggressive. Often want their own way. They also generally, have short fuses and impulsive behavior, to accomplish their goals of, pushing and shoving other children around. Lack empathy is exhibited among such learners, they are usually bigger and stronger than average for has age.

 (Peter K Smith, Madsen & Moody (1919) states .There is some consensus that bullying is aggressive behavior which intentionally hurts or harms another person; together with repetition.

 Who is harmed when bullying occurs? Every one, suffers the bullied Childs parents, teachers and all the people that are in contact with the bully. It seems the aura of the bully is personified. It is felt wherever this bully goes it is somewhat embodied in this person. The Victim becomes emotionally withdrawn, when they are emotionally shy and withdrawn, they become even the more affected.

The Bully - They are also at risk from short term and long term emotional problems throughout life. Both sometimes kids who are bullies are also bullied, and in adulthood they suffer long lasting psychological problems. Children who are both bullies and victim, or are aggressive victims, may come from particularly troubled or abusive families. (Nickerson, Mele & Osborn- Oliver, 2010)

The observers. It is a misguided thought that bystanders are not part of the situation. Bystanders actually play a crucial role in bullying. Bullies, enjoy an audience, it gives them a thrill. Why they do nothing. Fear of the bully is one reason for not acting they fear if intervene they might be next target.

Believing it is none of their business.

What are the lasting psychological impacts on Bullying? This is the main aspect of bullying that needs to be researched in depth. The Victims, Long-lasting psychological impacts, these stem directly from the short term continuous bullying children experience. Depression and anxiety tend to occur, on their emotional outlook well beyond the bullying years into, their adult lives. They may experience eating, sleeping working and even exercising and engaging in interesting hobbies, they fail to also keep relationship, whether with. Friends or romantic fortunes.

Bullying is an attempts to instill fear and self-loathing. This results in the bullied victims in ability to trust himself as a capable individual. They have difficulty in trusting people have reduced occupational opportunities and grow into adulthood with the tendency to be a loner.

They make fewer positive choices and act less often in defense of their own happiness, owing mostly to the lack of perceived control instilled in them during their childhood bullying.The Bully. Bullies usually grow up to be unhappy adults. Their relation to their adulthood don’t work very well-difficulty holding down job and relating to friends. Their arena of play is different from the little primary school ground. This as the broader world a bit different people. There are people he does not know, bigger and smarter than he. This is why they have a tendency towards suicide.

Cyberbullying can also be very harmful and can lead to depression and anxiety and in some cases even suicide. Not surprisingly, cyberbullying is a significant stressor in a young person’s life. In fact research shows that 32% of kids who are targets of cyberbullying report experiencing at least one symptom of stress.

 (Gordon, 2022)www.verywellfamily.com.Both the bully and not surprisingly those that both are bullies and were bullied at the same time display some of the most severe emotional handicaps in later life often times bullies engage in learned behavior which they were taught at home from abusive parents and siblings- relatives and care givers. They often remain depressed and anxious well into later life and have a greater psychiatric disorder.

Myths about bullying .Bullying has taken a back seat in the media- but unfortunately this fuels the misconception because bullying has been toned down over the 20th Century. Our cultural understanding of its true nature is somewhat limited by belief that it is not that a big deal or between the bully and the victim. Other misconception. Adults can’t do anything. They can – Teachers can watch to deter bully’s principles can discipline. Parents can report to school; the community shout all get involved. It takes a village to raise a child.

Boys more bullied that girls .Not a true conception, both are bullied most of the bullying towards girls is cyber bullying. Another misconception is kids need to be toughen up when boys need to be boys. In traditional bullying, boys are more numerous in the bully category, but the sexes are more equal in the victim category. (Besag. 2006).

 Bystanders do not have a role. They do; they should be brave enough to approach not spectacle. Bullies are popular not necessarily it’s a mirth that they are most when there is no crowd are cowardice.

 Bullying must be Physical. This as another myth from the days of school ground brawling, fighting. Parents’ teachers and administrators now know that bullying can come from many quarters to tragic effect.

I also see that wheedle or blarney or cajole and inveigle behavior are forms of bullying. Which all mean to influence or to urge by gentle urging, caressing or flattering, or flattery designed to gain favor. These are a subtle form of bullying I think. This is tantamount to passive bullying. It seems that the focus on bullying is directed towards the aggressive, physical and domineering ways of hurting intimidating a weaker person. But this none aggression form of bullying is equally devastating to the victim. It is not any hoody fault. Parents must hear children stones and take up any that involve bullying. Listen to what kids say and report. Teachers have a responsibility to intervene and have a responsibility to intervene and administrators are responsible to intervene and administrators are responsible for creating policies that protect children. It is the nation responsibility to keep and protect the learners and make the school a child friendly school. Many states have enacted anti bullying legislation. All states of the common wealth as enacted legislation principals to curb bullying. In Zimbabwe it is still perceived that bullying in the shave and push and the king and tong wagging sinners but no to the contrary. There is the emotional side the silent killer of passive bullying. There is no known legislation on bully. It is left entirely to the individual school to work out modalities on how to curb bullying. I feel and will push for more proactive action and prevention of bullying –by awareness of the stake holders is one of the important ways to deal with this surge. Many laws are in place in other countries to protect the child from bullying.

 Conclusion.

It must be made clear that there is zero tolerance for bullying. Teachers parents and Administrators should make this a priority on the rules of the school and days. Any bullying must be addressed promptly in a very professional manner which will not harm both parties. The Bully also need protection and help. Some attribute it to a mental illness. Help the child to find tasks he will success in cultivate hobbies and interests at which they excel and spend time doing activities they enjoy. This gives the victim agency, helps heal the wounds, created helplessness and builds back up self-image that they can rely on.

To conclude I would say that bullying has been constantly tormenting many people throughout the millennium. Though various methods are being implemented, it is still hasn’t come under control with the small act at home, you can shape the lives of children. You should take it upon yourselves to stop your child from bullying because a change at home is a change in society.

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